



Healthdor

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Orange Soda Float ♦♦

A refreshing and creamy dessert drink made with Hi-C Orange Soda and vanilla ice cream.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 250 grams

Number of Servings: 1

Serving Size: 250 g

Ingredients

200 ml hi-c orange soda

50 g Vanilla Ice Cream

Directions

Step 1

Pour Hi-C Orange Soda into a glass.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Add a scoop of vanilla ice cream to the glass.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 2 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	0 g	0%	0%
Sugars	38 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	6 mg	0.6%	0.6%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Barbecue

Course

Drinks

Snacks

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diet

Zone Diet

OMAD (One Meal a Day) Diet

Fruitarian Diet

The F-Plan Diet

The Breatharian Diet

The Werewolf Diet

Cooking Method

Pasteurizing

Meal Type

Snack

Supper

Difficulty Level

Easy

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