

Orange Banana Frost

"Fruits of the Spirit" (2001) - Nicky Wood
 Grapevine United Methodist Church - Port St. Lucie, FL

- 1 cup orange juice
- 1 cup milk
- 4 scoops orange sherbet
- 2 bananas sliced almonds

Place the orange juice, milk, sherbet and bananas in a blender.

Blend on medium speed for 15 to 20 seconds or until smooth.

Per Serving (excluding unknown items): 3041 Calories; 176g Fat (49.6% calories from fat); 78g Protein; 326g Carbohydrate; 20g Dietary Fiber; 72mg Cholesterol; 505mg Sodium. Exchanges: 3 1/2 Grain(Starch); 7 Lean Meat; 2 Fruit; 1 Non-Fat Milk; 30 1/2 Fat; 15 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|--------|-----------------------------|--------|
| Calories (kcal): | 3041 | Vitamin B6 (mg): | .6mg |
| % Calories from Fat: | 49.6% | Vitamin B12 (mcg): | 1.8mcg |
| % Calories from Carbohydrates: | 40.7% | Thiamin B1 (mg): | .9mg |
| % Calories from Protein: | 9.7% | Riboflavin B2 (mg): | 2.7mg |
| Total Fat (g): | 176g | Folacin (mcg): | 292mcg |
| Saturated Fat (g): | 29g | Niacin (mg): | 11mg |
| Monounsaturated Fat (g): | 106g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 33g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 72mg | % Refuse: | 0% |
| Carbohydrate (g): | 326g | | |
| Dietary Fiber (g): | 20g | Food Exchanges | |
| Protein (g): | 78g | Grain (Starch): | 3 1/2 |
| Sodium (mg): | 505mg | Lean Meat: | 7 |
| Potassium (mg): | 3542mg | Vegetable: | 0 |
| Calcium (mg): | 1449mg | Fruit: | 2 |
| Iron (mg): | 12mg | Non-Fat Milk: | 1 |
| Zinc (mg): | 16mg | Fat: | 30 1/2 |
| Vitamin C (mg): | 143mg | Other Carbohydrates: | 15 1/2 |

Vitamin A (i.u.): 1545IU
Vitamin A (r.e.): 325RE

Nutrition Facts

Amount Per Serving

Calories 3041 **Calories from Fat:** 1508

% Daily Values*

| | | |
|----------------------------|-------|------|
| Total Fat | 176g | 271% |
| Saturated Fat | 29g | 145% |
| Cholesterol | 72mg | 24% |
| Sodium | 505mg | 21% |
| Total Carbohydrates | 326g | 109% |
| Dietary Fiber | 20g | 80% |
| Protein | 78g | |
| <hr/> | | |
| Vitamin A | | 31% |
| Vitamin C | | 239% |
| Calcium | | 145% |
| Iron | | 69% |

* Percent Daily Values are based on a 2000 calorie diet.