



 **66%**
HEALTH SCORE

Asian Pear, Basil, and Lemon Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

- 2 ounces basil fresh packed
- 5 ounces celery stalks fresh
- 2 ounces juice of lemon fresh
- 8 ounces pear juice fresh

Equipment

Directions

Stir juices together thoroughly, divide between two glasses, and serve immediately.

Nutrition Facts

PROTEIN 7.18% **FAT 4.04%** **CARBS 88.78%**

Properties

Glycemic Index:51, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:14.264782677526%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 71.44kcal (3.57%), Fat: 0.37g (0.57%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 18.31g (6.1%), Net Carbohydrates: 16.52g (6.01%), Sugar: 10g (11.12%), Cholesterol: 0mg (0%), Sodium: 67.19mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin K: 142.27µg (135.5%), Vitamin C: 56.6mg (68.61%), Vitamin A: 1815.36IU (36.31%), Manganese: 0.4mg (20.09%), Folate: 55µg (13.75%), Potassium: 444.52mg (12.7%), Copper: 0.21mg (10.61%), Calcium: 93.84mg (9.38%), Magnesium: 36.71mg (9.18%), Fiber: 1.79g (7.14%), Vitamin B6: 0.12mg (6.04%), Iron: 1.06mg (5.91%), Vitamin B2: 0.1mg (5.9%), Phosphorus: 48.76mg (4.88%), Vitamin B3: 0.85mg (4.24%), Vitamin E: 0.56mg (3.75%), Vitamin B1: 0.04mg (2.84%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.27mg (2.71%), Selenium: 0.85µg (1.21%)