



Balanced Green Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



5 min.

SERVINGS



2

CALORIES



51 kcal

BEVERAGE

DRINK

Ingredients

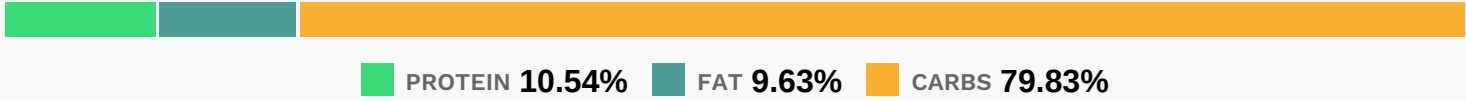
- ☐ 4 ounces apple juice fresh cored quartered
- ☐ 4 ounces celery stalks fresh
- ☐ 1 tablespoon cilantro leaves fresh packed ()
- ☐ 4 ounces cucumber fresh
- ☐ 0.5 ounce ginger juice fresh
- ☐ 1.5 ounces kale fresh
- ☐ 1 tablespoon juice of lime fresh peeled ()

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:75.88, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:12.172173873238%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg Kaempferol: 10.08mg, Kaempferol: 10.08mg, Kaempferol: 10.08mg, Kaempferol: 10.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 51.11kcal (2.56%), Fat: 0.58g (0.9%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 8.57g (3.12%), Sugar: 7.3g (8.11%), Cholesterol: 0mg (0%), Sodium: 60.74mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin K: 104.28µg (99.32%), Vitamin A: 2437.3IU (48.75%), Vitamin C: 26.25mg (31.81%), Manganese: 0.28mg (14.2%), Folate: 42.41µg (10.6%), Potassium: 365.6mg (10.45%), Fiber: 2.32g (9.3%), Calcium: 90.34mg (9.03%), Vitamin B2: 0.13mg (7.73%), Magnesium: 23.54mg (5.89%), Vitamin B6: 0.12mg (5.77%), Vitamin B1: 0.07mg (4.5%), Phosphorus: 42.32mg (4.23%), Copper: 0.08mg (4.03%), Iron: 0.66mg (3.65%), Vitamin B5: 0.33mg (3.33%), Vitamin B3: 0.51mg (2.54%), Vitamin E: 0.34mg (2.25%), Zinc: 0.27mg (1.81%)