



Beet, Carrot, and Apple Juice with Ginger



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 ounces apples cored cut into 1" pieces
- ☐ 2 pounds beets trimmed peeled cut into 1" pieces (6 medium)
- ☐ 1 pound carrots trimmed peeled cut into 1" pieces (4 large)
- ☐ 1 ginger fresh peeled chopped
- ☐ 8 ounces apples i use 2 granny smith apples cored cut into 1" pieces
- ☐ 3 tablespoons juice of lemon fresh

Equipment

- ☐ bowl

- ☐ sieve
- ☐ juicer

Directions

- ☐ Pass first 5 ingredients through a juicer. Strain through a fine-mesh sieve into a large bowl. Stir in lemon juice.
- ☐ Pour into glasses.
- ☐ Per serving: 63 calories, 0 g fat, 15 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.64, Glycemic Load:11.73, Inflammation Score:-10, Nutrition Score:15.733043613641%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 137.9kcal (6.9%), Fat: 0.59g (0.91%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 32.85g (10.95%), Net Carbohydrates: 24.64g (8.96%), Sugar: 21.88g (24.31%), Cholesterol: 0mg (0%), Sodium: 171.08mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin A: 12720.69IU (254.41%), Folate: 183.07µg (45.77%), Fiber: 8.21g (32.84%), Manganese: 0.64mg (31.78%), Potassium: 826.77mg (23.62%), Vitamin C: 18.31mg (22.19%), Magnesium: 48.58mg (12.14%), Vitamin B6: 0.24mg (12.1%), Vitamin K: 11.95µg (11.38%), Phosphorus: 96.25mg (9.63%), Copper: 0.17mg (8.58%), Iron: 1.54mg (8.56%), Vitamin B1: 0.11mg (7.45%), Vitamin B2: 0.13mg

(7.38%), Vitamin B3: 1.33mg (6.66%), Calcium: 54.31mg (5.43%), Zinc: 0.75mg (4.99%), Vitamin B5: 0.5mg (4.99%),
Vitamin E: 0.71mg (4.73%), Selenium: 1.15µg (1.64%)