



## Beet, Carrot, and Apple Juice with Ginger



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 8 ounces empire apple 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)
- ☐ 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:29.14, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:15.686086960461%

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: 136.97kcal (6.85%), Fat: 0.58g (0.9%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 24.46g (8.89%), Sugar: 21.86g (24.28%), Cholesterol: 0mg (0%), Sodium: 170.93mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin A: 12720.69IU (254.41%), Folate: 182.94µg (45.73%), Fiber: 8.19g (32.75%), Manganese: 0.63mg (31.65%), Potassium: 821.92mg (23.48%), Vitamin C: 18.25mg (22.12%), Magnesium: 48.08mg (12.02%), Vitamin B6: 0.24mg (12%), Vitamin K: 11.94µg (11.38%), Phosphorus: 95.85mg (9.59%), Iron: 1.53mg (8.52%), Copper: 0.17mg (8.45%), Vitamin B1: 0.11mg (7.43%), Vitamin B2: 0.13mg (7.36%), Vitamin B3: 1.32mg (6.62%), Calcium: 54.13mg (5.41%), Vitamin B5: 0.5mg (4.97%), Zinc: 0.74mg (4.96%), Vitamin E: 0.71mg (4.71%), Selenium: 1.14µg (1.63%)