

Big Apple Detox



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 2 apples halved
- ☐ 0.3 inch ginger fresh
- ☐ 1 parsnips halved
- ☐ 0.5 cup water chilled

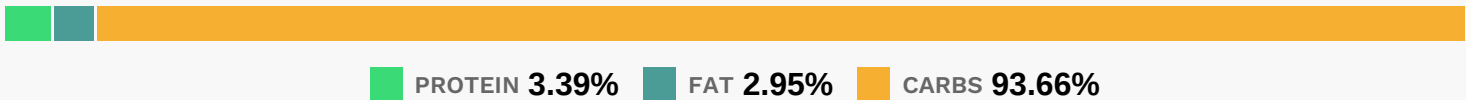
Equipment

- ☐ juicer

Directions

- ☐ Mix it up
- ☐ Feed the parsnip and ginger, then the apples through a juicer.
- ☐ Add the water. Fill a glass halfway with ice (if using), pour in the juice, and serve immediately.
- ☐ Fresh is best
- ☐ Instead of buying commercially made detox compounds or portions, freshly juice fruit and vegetables at home. Look at what you eat and when; you might find that making small changes will have a big impact. Ditch that high-calorie, high-fat coffee latte or cola and have a low-calorie, high-vitamin, and high-mineral juice instead.
- ☐ Reprinted with permission from The Juice Bar: 80 Recipes to Boost Health by Sara Lewis. Photographs by Haraala Hamilton. Copyright © Parragon Books Ltd 201
- ☐ Published by Love Food, an imprint of Parragon Books Ltd.

Nutrition Facts



Properties

Glycemic Index:99, Glycemic Load:23.87, Inflammation Score:-7, Nutrition Score:18.240434781365%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 16.13mg, Quercetin: 16.13mg, Quercetin: 16.13mg, Quercetin: 16.13mg

Nutrients (% of daily need)

Calories: 306.93kcal (15.35%), Fat: 1.1g (1.69%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 78.43g (26.14%), Net Carbohydrates: 62.06g (22.57%), Sugar: 45.33g (50.36%), Cholesterol: 0mg (0%), Sodium: 25.28mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Fiber: 16.37g (65.46%), Vitamin C: 43.18mg (52.34%),

Manganese: 1mg (49.97%), Vitamin K: 42.88µg (40.84%), Folate: 114.96µg (28.74%), Potassium: 977.99mg (27.94%), Vitamin E: 2.97mg (19.8%), Magnesium: 65.09mg (16.27%), Copper: 0.31mg (15.36%), Phosphorus: 150.68mg (15.07%), Vitamin B6: 0.29mg (14.58%), Vitamin B1: 0.2mg (13.45%), Vitamin B5: 1.16mg (11.56%), Vitamin B2: 0.17mg (10.16%), Calcium: 81.47mg (8.15%), Iron: 1.36mg (7.57%), Zinc: 1.08mg (7.19%), Vitamin B3: 1.43mg (7.15%), Selenium: 2.8µg (4%), Vitamin A: 196.56IU (3.93%)