



Breakfast Zinger Juice

Vegetarian Vegan Gluten Free Dairy Free Popular

READY IN

ready

5 min.

SERVINGS

servings

16

CALORIES

calories

23 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 apples quartered
- ☐ 2 beets trimmed chopped
- ☐ 2 carrots chopped
- ☐ 2 lemons peeled seeded quartered

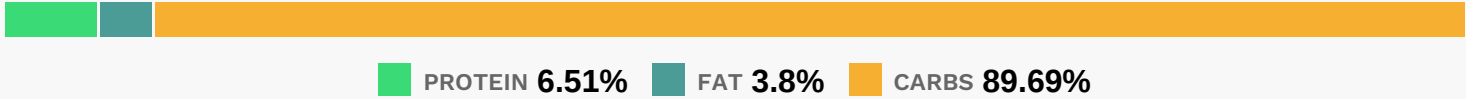
Equipment

- ☐ juicer

Directions

 Press lemons, carrots, apples, and beets through a juicer and into a large glass.

Nutrition Facts



Properties

Glycemic Index:10.52, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:2.8778261114722%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 23.28kcal (1.16%), Fat: 0.11g (0.18%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 13.75mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Vitamin A: 1292.47IU (25.85%), Vitamin C: 9.15mg (11.1%), Fiber: 1.42g (5.7%), Folate: 14.79µg (3.7%), Potassium: 100.68mg (2.88%), Manganese: 0.06mg (2.83%), Vitamin B6: 0.04mg (1.88%), Vitamin K: 1.53µg (1.45%), Magnesium: 5.49mg (1.37%), Iron: 0.21mg (1.18%), Vitamin B1: 0.02mg (1.17%), Phosphorus: 11.43mg (1.14%), Copper: 0.02mg (1.11%), Vitamin B2: 0.02mg (1.01%)