



 **72%**
HEALTH SCORE

Buffalo Green Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



2

CALORIES



40 kcal

BEVERAGE

DRINK

Ingredients

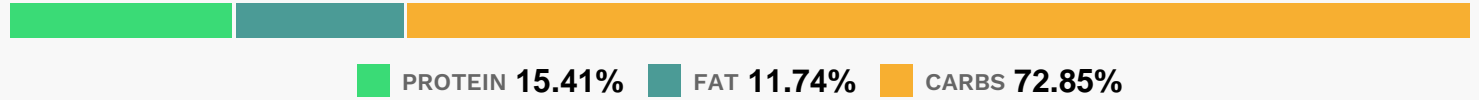
- 2 ounces carrot juice fresh
- 4 ounces celery stalks fresh
- 4 ounces cucumber fresh
- 2 servings sauce of the chicken from the turbo broiler red hot to taste
- 1 teaspoon garlic clove fresh
- 1.5 ounces kale fresh
- 1.5 ounces juice of lemon fresh

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:15.615217405817%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 40.44kcal (2.02%), Fat: 0.61g (0.93%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 5.95g (2.16%), Sugar: 3.37g (3.75%), Cholesterol: 0mg (0%), Sodium: 107.6mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.57%), Vitamin A: 7842.46IU (156.85%), Vitamin K: 108.04µg (102.89%), Vitamin C: 34.54mg (41.86%), Manganese: 0.3mg (15.22%), Folate: 46.96µg (11.74%), Potassium: 409.22mg (11.69%), Fiber: 2.5g (9.99%), Vitamin B6: 0.19mg (9.6%), Calcium: 95.42mg (9.54%), Vitamin B2: 0.14mg (8.28%), Magnesium: 25.68mg (6.42%), Vitamin B1: 0.09mg (5.85%), Phosphorus: 53.11mg (5.31%), Copper: 0.09mg (4.61%), Vitamin E: 0.67mg (4.48%), Iron: 0.75mg (4.17%), Vitamin B5: 0.4mg (3.96%), Vitamin B3: 0.59mg (2.96%), Zinc: 0.33mg (2.21%), Selenium: 0.88µg (1.26%)