



Carrot and Orange Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



32

CALORIES



27 kcal

BEVERAGE

DRINK

Ingredients

- 2 pounds carrots organic trimmed scrubbed
- 8 oranges organic peeled

Equipment

- juicer

Directions

- Press carrots and oranges through a juicer and into a large glass.

Nutrition Facts

PROTEIN 7.73% FAT 3.27% CARBS 89%

Properties

Glycemic Index:2.79, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:6.9978259503841%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 27.02kcal (1.35%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 5g (1.82%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 19.56mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin A: 4809.76IU (96.2%), Vitamin C: 19.1mg (23.15%), Fiber: 1.58g (6.32%), Potassium: 150mg (4.29%), Folate: 15.21µg (3.8%), Vitamin K: 3.74µg (3.56%), Vitamin B1: 0.05mg (3.15%), Vitamin B6: 0.06mg (2.94%), Manganese: 0.05mg (2.44%), Calcium: 22.46mg (2.25%), Vitamin B3: 0.37mg (1.86%), Vitamin B2: 0.03mg (1.74%), Magnesium: 6.68mg (1.67%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.16mg (1.59%), Phosphorus: 14.51mg (1.45%), Copper: 0.03mg (1.37%)