



Carrot, Apple, and Ginger Refresher

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 1 banana frozen ripe sliced
- ☐ 0.5 cup carrot juice 100% chilled
- ☐ 0.5 cup vanilla yogurt fat-free organic
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 2 ounces ice cubes
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup apple sauce unsweetened

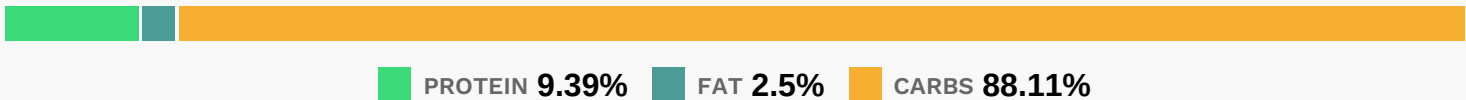
Equipment

blender

Directions

- Place all ingredients in a blender; process 2 minutes or until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.39, Glycemic Load:8.69, Inflammation Score:-10, Nutrition Score:12.132608745409%

Flavonoids

Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg, Epicatechin: 3.31mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 160.87kcal (8.04%), Fat: 0.48g (0.73%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 35.02g (12.74%), Sugar: 26.94g (29.94%), Cholesterol: 1.23mg (0.41%), Sodium: 77.78mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 11346.11IU (226.92%), Vitamin B6: 0.39mg (19.37%), Potassium: 552.12mg (15.77%), Vitamin C: 12.18mg (14.76%), Manganese: 0.27mg (13.71%), Vitamin B2: 0.2mg (12.04%), Phosphorus: 114.07mg (11.41%), Calcium: 113.73mg (11.37%), Fiber: 2.69g (10.78%), Vitamin K: 10.42µg (9.92%), Magnesium: 35.86mg (8.96%), Vitamin B1: 0.11mg (7.58%), Selenium: 4.81µg (6.87%), Vitamin E: 0.88mg (5.89%), Folate: 22.06µg (5.51%), Copper: 0.1mg (5.12%), Vitamin B12: 0.29µg (4.8%), Zinc: 0.67mg (4.48%), Vitamin B3: 0.74mg (3.69%), Vitamin B5: 0.36mg (3.61%), Iron: 0.61mg (3.41%)