



Carrot Juice Float



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



127 kcal

Ingredients

- 2 large carrots
- 0.3 cup whipped cream

Equipment

Directions

- Wash the carrots and trim the tops off, then juice using a juice machine.
- Pour the carrot juice over the ice cream to serve.

Nutrition Facts

PROTEIN 7.55% FAT 27.09% CARBS 65.36%

Properties

Glycemic Index:107.83, Glycemic Load:9.18, Inflammation Score:-10, Nutrition Score:11.425217335639%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 127.35kcal (6.37%), Fat: 3.98g (6.12%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 17.32g (6.3%), Sugar: 13.82g (15.36%), Cholesterol: 14.52mg (4.84%), Sodium: 125.76mg (5.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin A: 24195.57IU (483.91%), Vitamin K: 19.11µg (18.2%), Fiber: 4.26g (17.05%), Potassium: 526.47mg (15.04%), Vitamin B6: 0.21mg (10.73%), Vitamin C: 8.69mg (10.54%), Manganese: 0.21mg (10.43%), Vitamin B2: 0.16mg (9.57%), Calcium: 89.76mg (8.98%), Phosphorus: 85.05mg (8.51%), Vitamin B3: 1.45mg (7.27%), Folate: 29.01µg (7.25%), Vitamin B1: 0.11mg (7.24%), Vitamin E: 1.05mg (7%), Vitamin B5: 0.58mg (5.85%), Magnesium: 21.9mg (5.48%), Zinc: 0.57mg (3.82%), Copper: 0.07mg (3.62%), Iron: 0.46mg (2.57%), Vitamin B12: 0.13µg (2.14%), Selenium: 0.74µg (1.05%)