



Detox Orange Carrot Juice

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



229 kcal

BEVERAGE

DRINK

Ingredients

- 6 carrots
- 4 cranberry-orange relish
- 2 inch ginger fresh (use less if you want a more subtle ginger flavor)
- 1 tsp turmeric fresh (or 2 inches of turmeric)
- 2 servings honey to taste

Equipment

- juicer

Directions

- Juice carrots, oranges, and ginger in your juicer as well as turmeric if using fresh.
- Stir in ground turmeric and honey.
- Divide between two medium glasses or one large glass.
- Enjoy immediately.
- Feel lighter and refreshed.

Nutrition Facts

 **PROTEIN 7.02%**  **FAT 3.29%**  **CARBS 89.69%**

Properties

Glycemic Index:80.8, Glycemic Load:19.48, Inflammation Score:-10, Nutrition Score:22.36652173913%

Flavonoids

Hesperetin: 71.4mg, Hesperetin: 71.4mg, Hesperetin: 71.4mg, Hesperetin: 71.4mg Naringenin: 40.14mg, Naringenin: 40.14mg, Naringenin: 40.14mg, Naringenin: 40.14mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Taste

Sweetness: 100%, Saltiness: 13.99%, Sourness: 45.14%, Bitterness: 44.53%, Savoriness: 4.97%, Fattiness: 1.9%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 228.94kcal (11.45%), Fat: 0.91g (1.41%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 56.17g (18.72%), Net Carbohydrates: 44.38g (16.14%), Sugar: 39.07g (43.41%), Cholesterol: 0mg (0%), Sodium: 127.88mg (5.56%), Protein: 4.4g (8.8%), Vitamin A: 31161.48IU (623.23%), Vitamin C: 150.85mg (182.85%), Fiber: 11.8g (47.19%), Potassium: 1120.29mg (32.01%), Folate: 114.71µg (28.68%), Vitamin B1: 0.35mg (23.48%), Vitamin K: 24.31µg (23.15%), Vitamin B6: 0.44mg (22.12%), Manganese: 0.44mg (21.75%), Calcium: 168.74mg (16.87%), Magnesium: 53.43mg (13.36%), Vitamin B3: 2.66mg (13.28%), Vitamin B2: 0.22mg (12.86%), Vitamin B5: 1.17mg (11.74%), Vitamin E: 1.73mg (11.54%), Copper: 0.23mg (11.26%), Phosphorus: 106.34mg (10.63%), Iron: 1.34mg (7.43%), Zinc: 0.71mg (4.73%), Selenium: 1.65µg (2.35%)