



Gingery Sweet Potato Apple Juice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



150 kcal

BEVERAGE

DRINK

Ingredients



4 ounces apple juice fresh



1 teaspoon ginger juice fresh



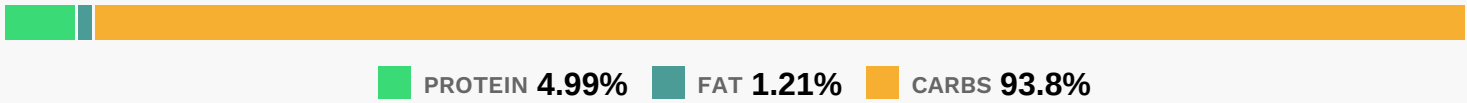
4 ounces sweet potatoes and into fresh

Equipment

Directions

Stir juices together thoroughly, pour into a glass, and serve immediately (sweet potato juice oxidizes rapidly).

Nutrition Facts



Properties

Glycemic Index:98.75, Glycemic Load:16.39, Inflammation Score:-10, Nutrition Score:10.183912987294%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 150.34kcal (7.52%), Fat: 0.2g (0.31%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 32g (11.64%), Sugar: 15.65g (17.39%), Cholesterol: 0mg (0%), Sodium: 67.24mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin A: 16088.92IU (321.78%), Manganese: 0.38mg (18.82%), Fiber: 3.63g (14.51%), Potassium: 496.68mg (14.19%), Vitamin B6: 0.26mg (12.87%), Vitamin B5: 0.96mg (9.63%), Copper: 0.18mg (9.24%), Magnesium: 34.02mg (8.5%), Vitamin B1: 0.11mg (7.48%), Phosphorus: 61.24mg (6.12%), Vitamin B2: 0.09mg (5.2%), Iron: 0.83mg (4.6%), Vitamin C: 3.74mg (4.54%), Calcium: 43.09mg (4.31%), Vitamin B3: 0.71mg (3.57%), Folate: 12.47µg (3.12%), Zinc: 0.36mg (2.42%), Vitamin E: 0.31mg (2.04%), Vitamin K: 2.04µg (1.94%), Selenium: 0.79µg (1.13%)