



## Green Grapefruit Ginger Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



90 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 ounce ginger fresh
- 12 ounces grapefruit juice fresh
- 2 ounces baby spinach fresh packed

### Equipment

### Directions

- Stir juices together thoroughly, divide between two glasses, and serve immediately.

# Nutrition Facts

PROTEIN 8.21% FAT 3.15% CARBS 88.64%

## Properties

Glycemic Index:47.5, Glycemic Load:9.28, Inflammation Score:-9, Nutrition Score:13.668261013601%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 90.43kcal (4.52%), Fat: 0.33g (0.51%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 20.23g (7.36%), Sugar: 18.95g (21.06%), Cholesterol: 0mg (0%), Sodium: 26.72mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin K: 136.94µg (130.41%), Vitamin C: 54.08mg (65.55%), Vitamin A: 2670.24IU (53.4%), Folate: 59.18µg (14.79%), Manganese: 0.27mg (13.53%), Potassium: 463.16mg (13.23%), Magnesium: 42.45mg (10.61%), Iron: 1.49mg (8.28%), Calcium: 42.81mg (4.28%), Vitamin E: 0.59mg (3.96%), Vitamin B3: 0.77mg (3.84%), Fiber: 0.94g (3.74%), Phosphorus: 35.01mg (3.5%), Vitamin B6: 0.07mg (3.33%), Vitamin B2: 0.06mg (3.29%), Copper: 0.05mg (2.64%), Zinc: 0.34mg (2.3%), Vitamin B5: 0.2mg (2.03%), Vitamin B1: 0.02mg (1.59%)