



Green Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



22 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 apples quartered
- ☐ 0.5 inch ginger
- ☐ 4 leaves kale
- ☐ 1 optional: lemon
- ☐ 1 head romaine lettuce

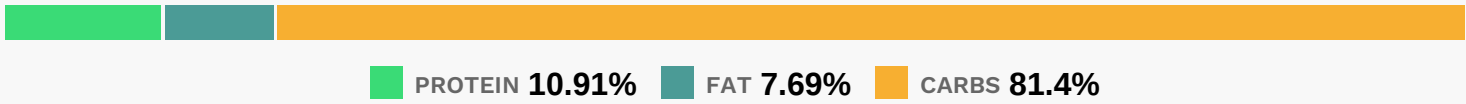
Equipment

- ☐ juicer

Directions

☐ Process romaine lettuce, kale, ginger, apples, and lemon through a juicer. Stir before drinking.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:8.002608763135%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 21.58kcal (1.08%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.54g (1.29%), Sugar: 3.03g (3.36%), Cholesterol: 0mg (0%), Sodium: 4.98mg (0.22%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin A: 3696.28IU (73.93%), Vitamin K: 51.33µg (48.88%), Folate: 56.36µg (14.09%), Vitamin C: 8.77mg (10.63%), Fiber: 1.67g (6.7%), Manganese: 0.09mg (4.46%), Potassium: 140.77mg (4.02%), Iron: 0.49mg (2.74%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.04mg (2.53%), Vitamin B6: 0.05mg (2.4%), Calcium: 23.05mg (2.31%), Magnesium: 8.16mg (2.04%), Phosphorus: 16.91mg (1.69%), Copper: 0.03mg (1.47%)