

 77%
HEALTH SCORE

Homemade V-8 Juice

 Vegetarian Vegan Gluten Free Dairy Free Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



60 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 thai baby coconut water
- ☐ 1 kale leaf
- ☐ 0.5 lemon's juice
- ☐ 1 Tablespoon unpasturized miso
- ☐ 0.5 teaspoon oregano dried fresh
- ☐ 1 small tomatoes chopped

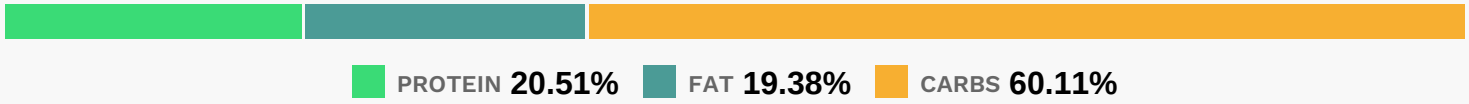
Equipment

- ☐ blender

Directions

- ☐
- Place all ingredients into your blender and blend until smooth.
- ☐
- Add as much water as needed for the consistency that suits you.Enjoy immediately. Delicious nutritious yumminess!

Nutrition Facts



Properties

Glycemic Index:191, Glycemic Load:3.04, Inflammation Score:-10, Nutrition Score:10.68652174719%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg, Kaempferol: 5.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 60.03kcal (3%), Fat: 1.45g (2.23%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 7.16g (2.6%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 645.93mg (28.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin K: 61.29µg (58.37%), Vitamin A: 1889.63IU (37.79%), Vitamin C: 28.59mg (34.66%), Manganese: 0.38mg (18.77%), Fiber: 2.94g (11.77%), Potassium: 320.2mg (9.15%), Folate: 29.1µg (7.27%), Vitamin B6: 0.14mg (7.02%), Copper: 0.14mg (7%), Iron: 1.23mg (6.82%), Magnesium: 25.65mg (6.41%), Calcium: 63.84mg (6.38%), Vitamin B2: 0.1mg (6.07%), Phosphorus: 57.8mg (5.78%), Vitamin E: 0.77mg (5.14%), Vitamin B1: 0.07mg (4.56%), Zinc: 0.67mg (4.45%), Vitamin B3: 0.89mg (4.43%), Selenium: 1.36µg (1.94%), Vitamin B5: 0.18mg (1.78%)