

Immune Booster



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce grapefruit peeled cut into chunks
- ☐ 3 kiwis peeled cut into chunks (preferably golden, 12 ounces total)
- ☐ 2 medium oranges peeled cut into chunks (10 ounces total)

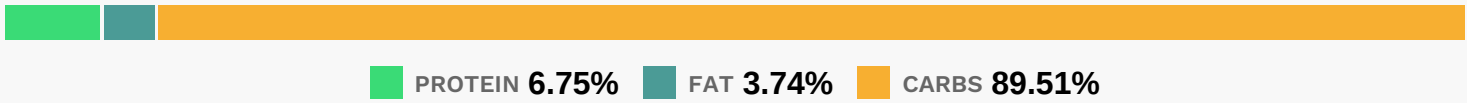
Equipment

- ☐ blender

Directions

In a blender, combine grapefruit, oranges, and kiwis; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with water. Refrigerate up to 2 days (shake before serving).

Nutrition Facts



Properties

Glycemic Index:60.08, Glycemic Load:17.66, Inflammation Score:-10, Nutrition Score:18.991739112398%

Flavonoids

Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 36.39mg, Hesperetin: 36.39mg, Hesperetin: 36.39mg, Hesperetin: 36.39mg Naringenin: 84.84mg, Naringenin: 84.84mg, Naringenin: 84.84mg, Naringenin: 84.84mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 224.09kcal (11.2%), Fat: 1.04g (1.59%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 55.8g (18.6%), Net Carbohydrates: 45.39g (16.5%), Sugar: 38.19g (42.44%), Cholesterol: 0mg (0%), Sodium: 6.82mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Vitamin C: 233.57mg (283.12%), Vitamin A: 2695.64IU (53.91%), Vitamin K: 55.01µg (52.39%), Fiber: 10.41g (41.66%), Folate: 100.59µg (25.15%), Potassium: 775.28mg (22.15%), Vitamin B1: 0.24mg (15.74%), Copper: 0.31mg (15.27%), Vitamin E: 2.27mg (15.12%), Calcium: 143.83mg (14.38%), Vitamin B6: 0.27mg (13.35%), Magnesium: 52.8mg (13.2%), Vitamin B5: 1.1mg (10.97%), Manganese: 0.21mg (10.51%), Phosphorus: 100.47mg (10.05%), Vitamin B2: 0.15mg (8.71%), Vitamin B3: 1.28mg (6.4%), Iron: 0.62mg (3.43%), Zinc: 0.42mg (2.81%), Selenium: 1.13µg (1.61%)