



Joint Relief Juice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

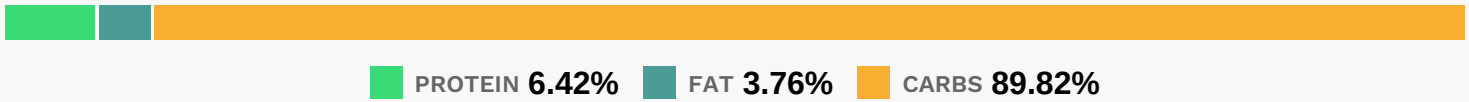
- ☐ 0.5 medium carrots chilled peeled
- ☐ 2 ounce parsley fresh with stems, chilled
- ☐ 0.3 cup grapefruit juice chilled freshly squeezed (from)
- ☐ 4 ounces pears chilled unpeeled cut into large chunks and (1 cup or)
- ☐ 5 ounces pineapple fresh chilled cored peeled cut into large chunks, and (1 cup or)

Equipment

Directions

- ☐ In juice extractor, process pineapple, pear, spinach, parsley, and carrot, skimming foam if necessary. Stir in grapefruit juice, chill if desired, and serve.
- ☐ Juice is best served immediately but will keep, refrigerated, in airtight container up to two days.

Nutrition Facts



Properties

Glycemic Index:55.56, Glycemic Load:4.85, Inflammation Score:-9, Nutrition Score:12.032174016794%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 30.54mg, Apigenin: 30.54mg, Apigenin: 30.54mg, Apigenin: 30.54mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 48.89kcal (2.44%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 10.15g (3.69%), Sugar: 8.36g (9.29%), Cholesterol: 0mg (0%), Sodium: 14.13mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin K: 234.97µg (223.78%), Vitamin C: 41.43mg (50.22%), Vitamin A: 2496.59IU (49.93%), Manganese: 0.38mg (18.78%), Fiber: 2.07g (8.28%), Folate: 31.65µg (7.91%), Iron: 1.11mg (6.19%), Potassium: 198.33mg (5.67%), Copper: 0.09mg (4.34%), Magnesium: 15.71mg (3.93%), Vitamin B6: 0.07mg (3.56%), Vitamin B1: 0.05mg (3.24%), Calcium: 30.42mg (3.04%), Vitamin B3: 0.53mg (2.64%), Vitamin B2: 0.04mg (2.18%), Phosphorus: 18.75mg (1.87%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.26mg (1.7%), Vitamin E: 0.2mg (1.32%)