



Liquid Ohm



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots chopped
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 2 mangoes ripe peeled chopped
- ☐ 2 cups orange juice fresh
- ☐ 1 pears cored ripe peeled
- ☐ 1 chamomile tea bag
- ☐ 1 cup water boiling

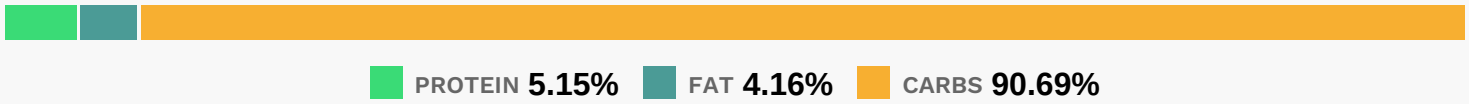
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ wooden spoon
- ☐ spatula
- ☐ cheesecloth

Directions

- ☐ Pour 1 cup boiling water over tea bag in a small bowl, and steep for 10 minutes.
- ☐ Remove and discard tea bag.
- ☐ Combine brewed tea, ginger, mangoes, carrots, and pear in a blender; process until smooth. Stir in orange juice. Cover and chill 8 hours or overnight. Strain mixture through a cheesecloth-lined sieve into a medium bowl, pressing solids with a wooden spoon or a rubber spatula to squeeze out juice; discard solids.
- ☐ Pour into a pitcher.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:16.71, Inflammation Score:-10, Nutrition Score:15.567826022273%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg, Catechin: 1.9mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg

Isorhamnetin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 155.97kcal (7.8%), Fat: 0.78g (1.2%), Saturated Fat: 0.14g (0.91%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 34.01g (12.37%), Sugar: 30.38g (33.76%), Cholesterol: 0mg (0%), Sodium: 26.75mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.33%), Vitamin A: 6474.33IU (129.49%), Vitamin C: 103.4mg (125.33%), Folate: 90.64µg (22.66%), Fiber: 4.14g (16.57%), Potassium: 572.14mg (16.35%), Copper: 0.23mg (11.48%), Vitamin B6: 0.23mg (11.41%), Vitamin B1: 0.17mg (11.07%), Vitamin K: 10.46µg (9.96%), Vitamin E: 1.24mg (8.24%), Magnesium: 31.46mg (7.87%), Vitamin B3: 1.56mg (7.81%), Manganese: 0.15mg (7.41%), Vitamin B2: 0.11mg (6.23%), Vitamin B5: 0.55mg (5.45%), Phosphorus: 51.67mg (5.17%), Calcium: 40.91mg (4.09%), Iron: 0.59mg (3.26%), Zinc: 0.28mg (1.86%), Selenium: 0.82µg (1.17%)