



Little Beet's Wake Up Call Juice Recipe

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



279 kcal

BEVERAGE

DRINK

Ingredients

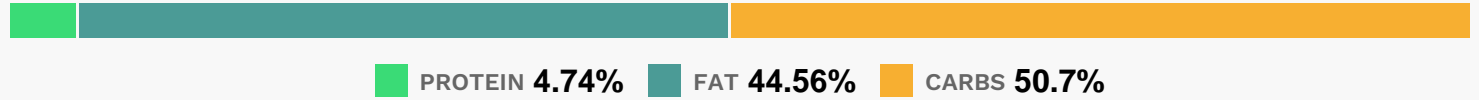
- 0.5 avocado
- 0.5 teaspoon juice of lemon fresh
- 0.3 cup mangos
- 1 cup pineapple
- 0.3 cup pkt spinach

Equipment

Directions

- Juice all the ingredients together and enjoy! Try out these non-alcoholic drink recipes on Food Republic: Daily Detox Juice Recipe
- Dragon Fruit Shake Recipe
- Easy Avocado Shake Recipe

Nutrition Facts



Properties

Glycemic Index: 182.42, Glycemic Load: 15.92, Inflammation Score: -9, Nutrition Score: 24.804347706878%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 279.15kcal (13.96%), Fat: 15.23g (23.42%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 38.97g (12.99%), Net Carbohydrates: 28.82g (10.48%), Sugar: 24.56g (27.28%), Cholesterol: 0mg (0%), Sodium: 17.16mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.29%), Vitamin C: 112.72mg (136.63%), Manganese: 1.8mg (89.85%), Vitamin K: 72.87µg (69.4%), Fiber: 10.15g (40.6%), Folate: 154.65µg (38.66%), Vitamin A: 1775.38IU (35.51%), Vitamin B6: 0.53mg (26.46%), Potassium: 818.05mg (23.37%), Copper: 0.45mg (22.35%), Vitamin E: 2.82mg (18.77%), Vitamin B5: 1.87mg (18.66%), Magnesium: 62.49mg (15.62%), Vitamin B3: 3.02mg (15.08%), Vitamin B1: 0.22mg (14.77%), Vitamin B2: 0.22mg (13.15%), Phosphorus: 78.26mg (7.83%), Iron: 1.39mg (7.73%), Zinc: 0.94mg (6.3%), Calcium: 49.61mg (4.96%), Selenium: 1µg (1.43%)