

Morning Sun



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



451 kcal

SIDE DISH

Ingredients

- ☐ 1 apples
- ☐ 1 knob ginger
- ☐ 2 slices cranberry-orange relish for garnish
- ☐ 4 medium oranges peeled
- ☐ 1 pears
- ☐ 4 cups pineapple chopped
- ☐ 2 tablespoons honey raw

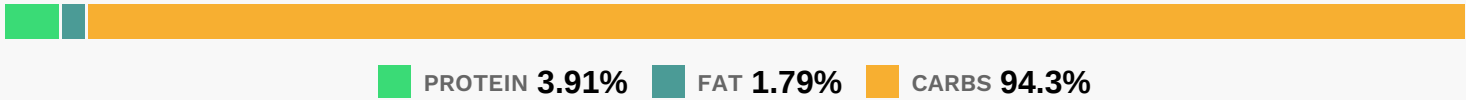
Equipment

- ☐ bowl
- ☐ whisk
- ☐ juicer

Directions

- ☐ Run the oranges, apple, pear, pineapple, and ginger through the juicer.
- ☐ Pour a few tablespoons of the juice into a small bowl and whisk in the honey until completely smooth.
- ☐ Pour this mixture back into the juice, shake to combine, and pour over ice to serve.
- ☐ Garnish with the orange slices.
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- ☐ Collins Publishers.

Nutrition Facts



Properties

Glycemic Index:139.84, Glycemic Load:49.47, Inflammation Score:-9, Nutrition Score:24.29521727562%

Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Hesperetin: 71.67mg, Hesperetin: 71.67mg, Hesperetin: 71.67mg, Hesperetin: 71.67mg Naringenin: 40.29mg, Naringenin: 40.29mg, Naringenin: 40.29mg, Naringenin: 40.29mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 450.9kcal (22.55%), Fat: 0.99g (1.53%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 117.74g (39.25%), Net Carbohydrates: 101.82g (37.02%), Sugar: 92.49g (102.76%), Cholesterol: 0mg (0%), Sodium: 6.01mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.77%), Vitamin C: 305.8mg (370.67%), Manganese: 3.22mg (160.87%), Fiber: 15.93g (63.71%), Folate: 147.74µg (36.93%), Vitamin B1: 0.52mg (34.39%), Potassium: 1049.34mg (29.98%), Vitamin B6: 0.6mg (29.82%), Copper: 0.59mg (29.38%), Magnesium: 77.32mg (19.33%), Vitamin A: 854.54IU (17.09%), Calcium: 162.91mg (16.29%), Vitamin B2: 0.27mg (15.63%), Vitamin B5: 1.47mg (14.75%), Vitamin B3: 2.65mg (13.23%), Iron: 1.58mg (8.78%), Phosphorus: 84.92mg (8.49%), Vitamin K: 8.23µg (7.84%), Vitamin E: 0.81mg (5.41%), Zinc: 0.75mg (5.02%), Selenium: 1.91µg (2.72%)