



## Orange-Carrot Refresher

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



95 kcal

SIDE DISH

### Ingredients

- 1 tablespoon brown sugar
- 2 cups carrot juice 100% chilled
- 1 tablespoon ginger paste refrigerated
- 1 cubes ice cubes
- 2 tablespoons juice of lime fresh ( 2 large limes)
- 1 teaspoon mint leaves refrigerated
- 2 cups orange juice fresh ( 4 oranges)
- 1 Dash salt

# Equipment

whisk

# Directions

- Place first 6 ingredients in a large pitcher; stir with a whisk.
- Add carrot juice; stir until blended.
- Serve over ice.
- Garnish with mint sprigs, if desired.

# Nutrition Facts



**PROTEIN 6.66%** **FAT 3.18%** **CARBS 90.16%**

# Properties

Glycemic Index:19, Glycemic Load:8.7, Inflammation Score:0, Nutrition Score:12.62652182579%

# Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 12.39mg, Hesperetin: 12.39mg, Hesperetin: 12.39mg, Hesperetin: 12.39mg Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

# Nutrients (% of daily need)

Calories: 95.03kcal (4.75%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 20.96g (7.62%), Sugar: 14.45g (16.06%), Cholesterol: 0mg (0%), Sodium: 72.99mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin A: 18255.31IU (365.11%), Vitamin C: 59.43mg (72.04%), Vitamin K: 14.77µg (14.06%), Potassium: 484.38mg (13.84%), Vitamin B6: 0.25mg (12.39%), Vitamin B1: 0.18mg (11.84%), Folate: 34.18µg (8.55%), Vitamin E: 1.15mg (7.65%), Manganese: 0.14mg (6.97%), Magnesium: 24.87mg (6.22%), Phosphorus: 57.46mg (5.75%), Vitamin B2: 0.08mg (4.86%), Copper: 0.09mg (4.52%), Vitamin B5: 0.41mg (4.14%), Fiber: 0.98g (3.92%), Vitamin B3: 0.77mg (3.86%), Iron: 0.66mg (3.65%), Calcium: 36.54mg (3.65%), Zinc: 0.23mg (1.5%)