



Pineapple Parsnip Blood Orange Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



224 kcal

BEVERAGE

DRINK

Ingredients

- 4 blood orange juice juiced
- 2 ounces pepperoncini pepper juice
- 6 ounces pineapple juice fresh cubed (10 ounces)

Equipment

Directions

- For highest yield, juice ingredients in order listed.

Mix juices together in a glass, stir well, and serve.

Nutrition Facts

 PROTEIN 4.1%  FAT 2.98%  CARBS 92.92%

Properties

Glycemic Index:138.75, Glycemic Load:25.21, Inflammation Score:-8, Nutrition Score:13.385217324547%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 28.68mg, Hesperetin: 28.68mg, Hesperetin: 28.68mg Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg, Naringenin: 5.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 224.23kcal (11.21%), Fat: 0.76g (1.17%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 53.26g (17.75%), Net Carbohydrates: 52.32g (19.03%), Sugar: 42.59g (47.32%), Cholesterol: 0mg (0%), Sodium: 8.07mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin C: 137.52mg (166.69%), Manganese: 0.93mg (46.64%), Folate: 102.62µg (25.65%), Vitamin B1: 0.33mg (21.77%), Potassium: 758.39mg (21.67%), Vitamin B6: 0.28mg (13.82%), Magnesium: 49.65mg (12.41%), Copper: 0.23mg (11.49%), Vitamin A: 489.07IU (9.78%), Vitamin B2: 0.12mg (6.9%), Vitamin B3: 1.34mg (6.7%), Iron: 1.08mg (5.97%), Phosphorus: 58.38mg (5.84%), Vitamin B5: 0.58mg (5.79%), Calcium: 53.05mg (5.3%), Fiber: 0.93g (3.73%), Zinc: 0.32mg (2.12%)