



Power Gulp



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 1 cucumber english sliced
- ☐ 1 small apples i use 2 granny smith apples cored cut into chunks (4½ ounces)
- ☐ 1 cup grapes green seedless (28)
- ☐ 1 cup kale sliced (from 3 large leaves)
- ☐ 0.5 cup water

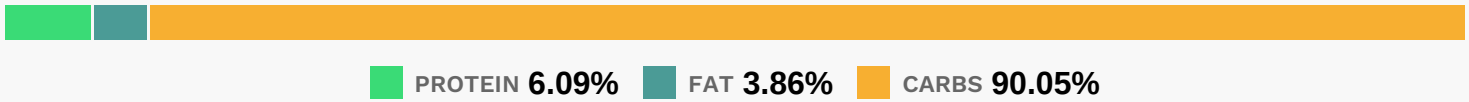
Equipment

- ☐ blender

Directions

☐ In a blender, combine kale, grapes, cucumber, apple, and water; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with additional water. Before serving, garnish with a fresh kale leaf and a cucumber slice (optional). Refrigerate up to 2 days (shake before serving).

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:8.7, Inflammation Score:-10, Nutrition Score:10.721739048543%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg, Epicatechin: 5.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 5.21mg, Kaempferol: 5.21mg, Kaempferol: 5.21mg, Kaempferol: 5.21mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 117.01kcal (5.85%), Fat: 0.57g (0.88%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 26.21g (9.53%), Sugar: 22.04g (24.49%), Cholesterol: 0mg (0%), Sodium: 13.78mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin K: 78.21µg (74.49%), Vitamin A: 1296.51IU (25.93%), Vitamin C: 19.85mg (24.06%), Fiber: 3.65g (14.59%), Potassium: 480.96mg (13.74%), Manganese: 0.27mg (13.37%), Copper: 0.19mg (9.63%), Vitamin B2: 0.16mg (9.3%), Vitamin B6: 0.17mg (8.55%), Magnesium: 32.57mg (8.14%), Vitamin B1: 0.12mg (7.81%), Phosphorus: 65.07mg (6.51%), Calcium: 64.46mg (6.45%), Iron: 0.95mg (5.27%), Folate: 20.75µg (5.19%), Vitamin B5: 0.48mg (4.81%), Zinc: 0.43mg (2.86%), Vitamin E: 0.39mg (2.61%), Vitamin B3: 0.48mg (2.4%)