



Power Potion



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



116 kcal

SIDE DISH

Ingredients

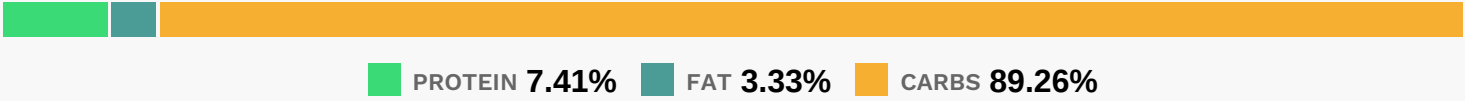
- ☐ 4 ounces apple juice fresh cored quartered
- ☐ 5.5 ounces beets fresh
- ☐ 4 ounces carrot juice fresh
- ☐ 5.5 ounces clementine juice fresh peeled
- ☐ 0.3 ounce ginger juice fresh

Equipment

Directions

☐ Stir juices together thoroughly, divide between two glasses, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.88, Glycemic Load:8.01, Inflammation Score:-10, Nutrition Score:12.71608689557%

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: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 13.34mg, Hesperetin: 13.34mg, Hesperetin: 13.34mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 116.42kcal (5.82%), Fat: 0.45g (0.69%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 27g (9%), Net Carbohydrates: 24.09g (8.76%), Sugar: 20.66g (22.96%), Cholesterol: 0mg (0%), Sodium: 101.59mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin A: 11066.66IU (221.33%), Vitamin C: 32.07mg (38.87%), Folate: 91.14µg (22.79%), Manganese: 0.4mg (20.05%), Potassium: 614.97mg (17.57%), Fiber: 2.91g (11.62%), Vitamin B6: 0.22mg (10.91%), Vitamin B1: 0.13mg (8.85%), Magnesium: 34.94mg (8.74%), Vitamin K: 8.94µg (8.52%), Phosphorus: 69.88mg (6.99%), Iron: 1.11mg (6.16%), Copper: 0.11mg (5.54%), Vitamin E: 0.8mg (5.31%), Vitamin B2: 0.09mg (5.15%), Calcium: 44.65mg (4.47%), Vitamin B5: 0.38mg (3.75%), Vitamin B3: 0.6mg (2.99%), Zinc: 0.41mg (2.73%), Selenium: 1.02µg (1.46%)