



Refreshing Green Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



53 kcal

BEVERAGE

DRINK

Ingredients

- 1 stalk celery
- 2 large cucumber peeled
- 1 fennel bulb
- 0.3 bell pepper green
- 0.3 optional: lemon white seeds removed peeled
- 1 pinch salt

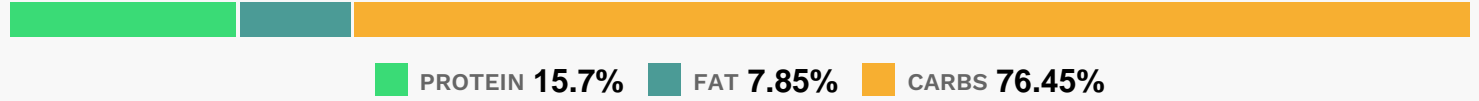
Equipment

- juicer

Directions

Add vegetables and fruit to juicer in order listed. Stir salt into juice and serve.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:10.826086826946%

Flavonoids

Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 53.04kcal (2.65%), Fat: 0.52g (0.8%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 7.06g (2.57%), Sugar: 6.28g (6.98%), Cholesterol: 0mg (0%), Sodium: 68.36mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Vitamin K: 67.06µg (63.87%), Vitamin C: 28.49mg (34.53%), Potassium: 641.23mg (18.32%), Fiber: 4.36g (17.43%), Manganese: 0.31mg (15.69%), Folate: 53.97µg (13.49%), Copper: 0.2mg (9.93%), Magnesium: 38.84mg (9.71%), Vitamin B6: 0.17mg (8.56%), Phosphorus: 84.82mg (8.48%), Calcium: 73.03mg (7.3%), Vitamin B5: 0.69mg (6.89%), Vitamin A: 337.46IU (6.75%), Iron: 1.09mg (6.08%), Vitamin B1: 0.08mg (5.18%), Vitamin B2: 0.08mg (4.93%), Vitamin E: 0.59mg (3.96%), Zinc: 0.51mg (3.39%), Vitamin B3: 0.67mg (3.34%), Selenium: 0.82µg (1.17%)