

Rhubarb Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



240 min.

SERVINGS



4

CALORIES



48 kcal

BEVERAGE

DRINK

Ingredients

- 2 pounds rhubarb
- 8 cups water

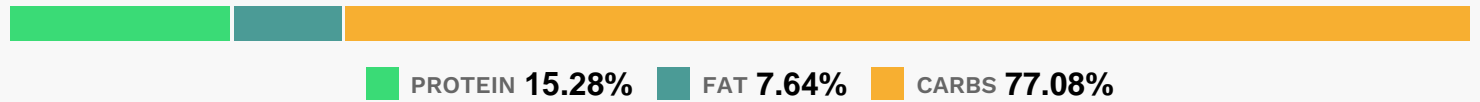
Equipment

- bowl
- pot
- sieve
- cheesecloth

Directions

- Slice the rhubarb stalks crosswise into one-inch segments.
- Place rhubarb segments into the pot along with the water. Bring to a boil over high heat, then cover and reduce heat to simmer for 15 minutes.
- Strain liquid through a fine-mesh strainer into a pitcher or spouted bowl, pressing on the solids in the strainer to extract as much juice as possible. You can line the strainer with cheesecloth if you like, but it's not necessary.
- After 20 minutes, the juice will separate, leaving a yellowish sludge at the bottom. Decant the clear pink liquid into a clean bottle or pitcher, leaving the sludge behind. Chill for a few hours at least, and serve cold over ice.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:9.4204347859258%

Flavonoids

Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg, Epicatechin 3-gallate: 1.36mg

Nutrients (% of daily need)

Calories: 47.63kcal (2.38%), Fat: 0.45g (0.7%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 6.21g (2.26%), Sugar: 2.49g (2.77%), Cholesterol: 0mg (0%), Sodium: 32.73mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin K: 66.45µg (63.29%), Manganese: 0.44mg (22.23%), Vitamin C: 18.14mg (21.99%), Calcium: 209.24mg (20.92%), Potassium: 653.17mg (18.66%), Fiber: 4.08g (16.33%), Magnesium: 31.95mg (7.99%), Copper: 0.12mg (6.17%), Vitamin A: 231.33IU (4.63%), Vitamin E: 0.61mg (4.08%), Vitamin B2: 0.07mg (4%), Folate: 15.88µg (3.97%), Selenium: 2.49µg (3.56%), Vitamin B3: 0.68mg (3.4%), Phosphorus: 31.75mg (3.18%), Vitamin B1: 0.05mg (3.02%), Iron: 0.5mg (2.77%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.19mg (1.93%), Zinc: 0.27mg (1.83%)