



Rhubarb Juice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



1309 kcal

BEVERAGE

DRINK

Ingredients



6 cup rhubarb roughly chopped



1.5 cup sugar



5 cup water boiling

Equipment

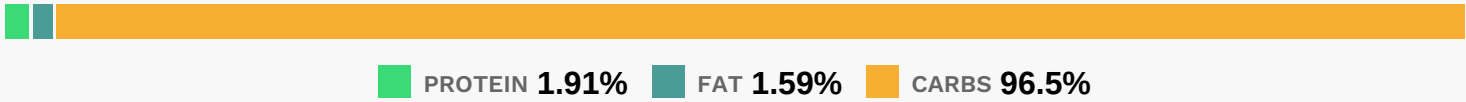
Directions



Mix rhubarb and sugar and let stand for 4 hours.

- ☐
- Pour boiling water over rhubarb and sugar and let stand for 1 hour.
- ☐
- Drain rhubarb and save juice. Ready to serve or may be refrigerated up to one week.

Nutrition Facts



Properties

Glycemic Index:83.09, Glycemic Load:212.04, Inflammation Score:-7, Nutrition Score:26.053913303044%

Flavonoids

Catechin: 15.88mg, Catechin: 15.88mg, Catechin: 15.88mg, Catechin: 15.88mg Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg Epicatechin 3-gallate: 4.39mg, Epicatechin 3-gallate: 4.39mg, Epicatechin 3-gallate: 4.39mg, Epicatechin 3-gallate: 4.39mg

Nutrients (% of daily need)

Calories: 1308.72kcal (65.44%), Fat: 2.42g (3.73%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 332.03g (110.68%), Net Carbohydrates: 318.86g (115.95%), Sugar: 307.45g (341.61%), Cholesterol: 0mg (0%), Sodium: 91.43mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Vitamin K: 214.48µg (204.26%), Manganese: 1.45mg (72.34%), Vitamin C: 58.56mg (70.98%), Calcium: 668.01mg (66.8%), Potassium: 2114.16mg (60.4%), Fiber: 13.18g (52.7%), Magnesium: 99.67mg (24.92%), Copper: 0.36mg (18.2%), Vitamin B2: 0.28mg (16.27%), Vitamin A: 746.64IU (14.93%), Selenium: 9.85µg (14.07%), Vitamin E: 1.98mg (13.18%), Folate: 51.24µg (12.81%), Vitamin B3: 2.2mg (10.98%), Phosphorus: 102.48mg (10.25%), Iron: 1.76mg (9.78%), Vitamin B1: 0.15mg (9.76%), Vitamin B6: 0.18mg (8.78%), Vitamin B5: 0.62mg (6.22%), Zinc: 0.88mg (5.87%)