



Simple Orange-Carrot Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



212 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup carrot juice
- 0.3 ounce ginger fresh
- 1 cup orange juice peeled unpeeled (2 , 1 left)

Equipment

Directions

- Juice ginger, carrots, and oranges in order listed. Stir juices together and serve.

Nutrition Facts

PROTEIN 7.45% FAT 3.69% CARBS 88.86%

Properties

Glycemic Index:110, Glycemic Load:21.93, Inflammation Score:-10, Nutrition Score:21.583043533823%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 211.67kcal (10.58%), Fat: 0.9g (1.39%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 48.95g (16.32%), Net Carbohydrates: 46.43g (16.88%), Sugar: 30.18g (33.53%), Cholesterol: 0mg (0%), Sodium: 159.16mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.21%), Vitamin A: 45628.64IU (912.57%), Vitamin C: 144.41mg (175.05%), Vitamin K: 36.84µg (35.08%), Potassium: 1214.53mg (34.7%), Vitamin B6: 0.62mg (31.13%), Vitamin B1: 0.44mg (29.47%), Folate: 84.62µg (21.15%), Vitamin E: 2.86mg (19.03%), Manganese: 0.36mg (17.89%), Magnesium: 63.37mg (15.84%), Phosphorus: 143.69mg (14.37%), Vitamin B2: 0.21mg (12.15%), Copper: 0.23mg (11.68%), Vitamin B5: 1.02mg (10.24%), Fiber: 2.53g (10.1%), Vitamin B3: 1.96mg (9.78%), Iron: 1.62mg (9.02%), Calcium: 85.05mg (8.51%), Zinc: 0.57mg (3.82%), Selenium: 1.71µg (2.45%)