



Simple Pink Pineapple Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



235 kcal

BEVERAGE

DRINK

Ingredients

- 1 apples cored quartered
- 12 ounces cranberries fresh
- 1 medium pineapple peeled quartered

Equipment

Directions

- Juice cranberries, pineapple, and apple. Stir to combine and serve.

Nutrition Facts

PROTEIN 3.54% FAT 2.11% CARBS 94.35%

Properties

Glycemic Index:45.22, Glycemic Load:27.21, Inflammation Score:-8, Nutrition Score:17.826521793137%

Flavonoids

Cyanidin: 53.6mg, Cyanidin: 53.6mg, Cyanidin: 53.6mg, Cyanidin: 53.6mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.76mg, Peonidin: 55.76mg, Peonidin: 55.76mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 9.52mg, Epicatechin: 9.52mg, Epicatechin: 9.52mg, Epicatechin: 9.52mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 1.22mg, Epigallocatechin 3-gallate: 1.22mg, Epigallocatechin 3-gallate: 1.22mg, Epigallocatechin 3-gallate: 1.22mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 7.55mg, Myricetin: 7.55mg, Myricetin: 7.55mg, Myricetin: 7.55mg Quercetin: 19.68mg, Quercetin: 19.68mg, Quercetin: 19.68mg, Quercetin: 19.68mg

Nutrients (% of daily need)

Calories: 234.54kcal (11.73%), Fat: 0.61g (0.94%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 61.5g (20.5%), Net Carbohydrates: 51.74g (18.81%), Sugar: 40.87g (45.41%), Cholesterol: 0mg (0%), Sodium: 5.89mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin C: 162.86mg (197.41%), Manganese: 3.23mg (161.3%), Fiber: 9.76g (39.05%), Vitamin B6: 0.43mg (21.37%), Copper: 0.41mg (20.59%), Vitamin B1: 0.26mg (17.48%), Folate: 57.25µg (14.31%), Potassium: 484.45mg (13.84%), Magnesium: 46.04mg (11.51%), Vitamin E: 1.67mg (11.11%), Vitamin B5: 1.01mg (10.14%), Vitamin K: 9.12µg (8.68%), Vitamin B3: 1.68mg (8.39%), Vitamin B2: 0.14mg (7.94%), Iron: 1.21mg (6.71%), Vitamin A: 275.77IU (5.52%), Calcium: 51.93mg (5.19%), Phosphorus: 43.28mg (4.33%), Zinc: 0.49mg (3.26%)