



St Clement's rise & shine juice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



116 kcal

BEVERAGE

DRINK

Ingredients



6 cranberry-orange relish



0.5 optional: lemon sliced



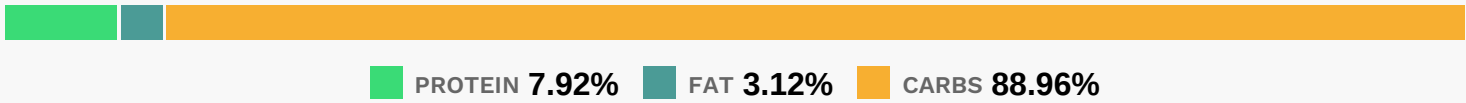
300 ml optional: lemon

Equipment

Directions

Juice the oranges and place in a jug in the fridge with the sliced lemon. When you're ready to serve breakfast, top up the juice with bitter lemon and serve.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:9.19, Inflammation Score:-8, Nutrition Score:10.670434739279%

Flavonoids

Eriodictyol: 17.24mg, Eriodictyol: 17.24mg, Eriodictyol: 17.24mg, Eriodictyol: 17.24mg Hesperetin: 76.06mg, Hesperetin: 76.06mg, Hesperetin: 76.06mg, Hesperetin: 76.06mg Naringenin: 30.55mg, Naringenin: 30.55mg, Naringenin: 30.55mg, Naringenin: 30.55mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 115.76kcal (5.79%), Fat: 0.48g (0.74%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 23.73g (8.63%), Sugar: 20.39g (22.66%), Cholesterol: 0mg (0%), Sodium: 1.61mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin C: 147.31mg (178.56%), Fiber: 6.98g (27.9%), Folate: 67.83µg (16.96%), Vitamin B1: 0.2mg (13.55%), Potassium: 467.04mg (13.34%), Calcium: 99.58mg (9.96%), Vitamin A: 459.88IU (9.2%), Vitamin B6: 0.18mg (9.12%), Magnesium: 26.11mg (6.53%), Vitamin B5: 0.64mg (6.45%), Copper: 0.12mg (5.91%), Vitamin B2: 0.09mg (5.57%), Phosphorus: 40.42mg (4.04%), Iron: 0.68mg (3.78%), Manganese: 0.07mg (3.67%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.47mg (3.17%), Selenium: 1.31µg (1.86%), Zinc: 0.19mg (1.24%)