



Strawberry-Kiwi Juice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons honey
- ☐ 1 cup kiwifruit peeled quartered (2 kiwifruit)
- ☐ 2 tablespoons juice of lime fresh (2 limes)
- ☐ 4 cups strawberry
- ☐ 1 cup water

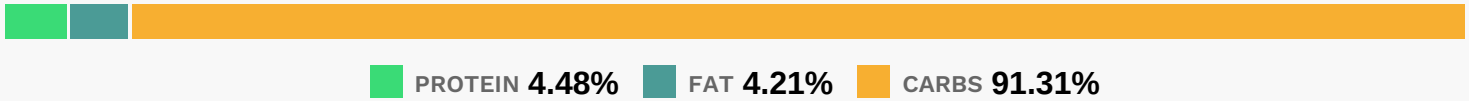
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Place all ingredients in a blender; process until smooth. Strain mixture through a sieve into a pitcher; discard solids. Cover and refrigerate 30 minutes or until thoroughly chilled.
- ☐ Serve over ice, if desired.

Nutrition Facts



Properties

Glycemic Index:36.23, Glycemic Load:12.6, Inflammation Score:0, Nutrition Score:10.674347861953%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 121.5kcal (6.07%), Fat: 0.63g (0.97%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 26.59g (9.67%), Sugar: 24.08g (26.75%), Cholesterol: 0mg (0%), Sodium: 7.39mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 120.06mg (145.52%), Manganese: 0.61mg (30.66%), Vitamin K: 21.05µg (20.04%), Fiber: 4.27g (17.08%), Folate: 47.13µg (11.78%), Potassium: 324.9mg (9.28%), Copper: 0.15mg (7.28%), Magnesium: 27.31mg (6.83%), Vitamin E: 1.01mg (6.73%), Phosphorus: 51.28mg (5.13%), Vitamin B6: 0.1mg (5.07%), Iron: 0.77mg (4.28%), Calcium: 42.3mg (4.23%), Vitamin B3: 0.75mg (3.75%), Vitamin B1: 0.05mg (3.23%), Vitamin B2: 0.05mg (2.93%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.31mg (2.07%), Vitamin A: 59.53IU (1.19%), Selenium: 0.8µg (1.14%)