

 100%
HEALTH SCORE

V-Great Juice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



1

CALORIES



232 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 carrots
- ☐ 4 stalks celery
- ☐ 0.5 cup spring greens mixed to taste
- ☐ 2 leaves kale
- ☐ 0.3 optional: lemon with rind
- ☐ 3 radishes
- ☐ 4 tomatoes kumato® (such is)

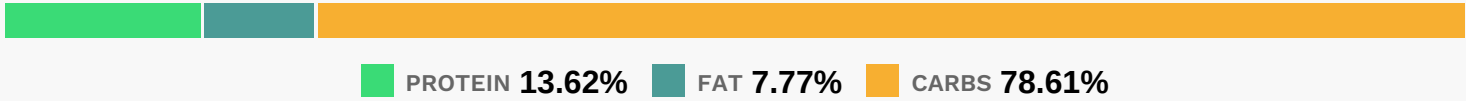
Equipment

☐ juicer

Directions

☐ Run tomatoes, carrots, celery, spring greens, kale, radishes, lemon with rind, and peeled lemon through a juicer according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:206.33, Glycemic Load:14.02, Inflammation Score:-10, Nutrition Score:37.912608721982%

Flavonoids

Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 3.49mg, Naringenin: 3.49mg, Naringenin: 3.49mg, Naringenin: 3.49mg Apigenin: 4.56mg, Apigenin: 4.56mg, Apigenin: 4.56mg, Apigenin: 4.56mg Luteolin: 2.46mg, Luteolin: 2.46mg, Luteolin: 2.46mg, Luteolin: 2.46mg Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg Kaempferol: 11.79mg, Kaempferol: 11.79mg, Kaempferol: 11.79mg, Kaempferol: 11.79mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 231.65kcal (11.58%), Fat: 2.28g (3.5%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 51.81g (17.27%), Net Carbohydrates: 34.66g (12.6%), Sugar: 27.72g (30.8%), Cholesterol: 0mg (0%), Sodium: 343.04mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.95%), Vitamin A: 48011.18IU (960.22%), Vitamin K: 203.91µg (194.2%), Vitamin C: 128.03mg (155.19%), Potassium: 2539.02mg (72.54%), Fiber: 17.15g (68.58%), Manganese: 1.27mg (63.27%), Folate: 204.77µg (51.19%), Vitamin B6: 0.93mg (46.36%), Vitamin E: 4.88mg (32.57%), Vitamin B3: 6.26mg (31.3%), Magnesium: 113.82mg (28.46%), Vitamin B1: 0.42mg (27.99%), Phosphorus: 268.5mg (26.85%), Calcium: 262.22mg (26.22%), Vitamin B2: 0.42mg (24.86%), Copper: 0.49mg (24.69%), Iron: 3.06mg (17.01%), Vitamin B5: 1.61mg (16.13%), Zinc: 1.81mg (12.05%), Selenium: 1.34µg (1.92%)