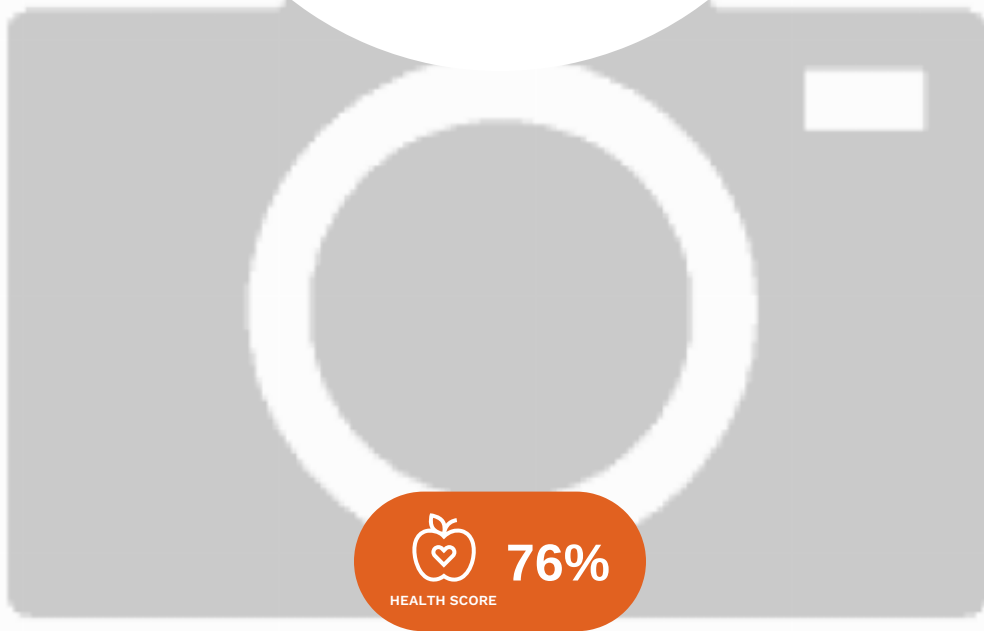




Vegetable and Fruit Juice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



177 kcal

BEVERAGE

DRINK

Ingredients



1 apples



3 large carrots



1 inch ginger fresh



1 lime sliced



1 large bell pepper red stemmed seeded



8 large strawberries



1 large tomatoes

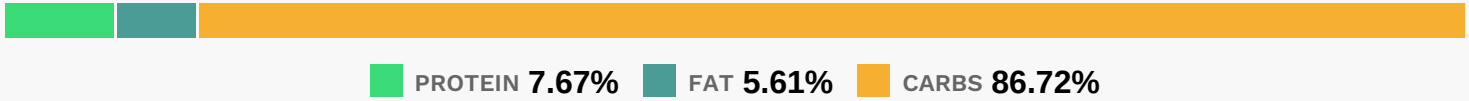
Equipment

☐ juicer

Directions

☐ Juice carrots, tomato, strawberries, lime slices, ginger, apple, and red bell pepper using a juicer following manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:117.92, Glycemic Load:12.07, Inflammation Score:-10, Nutrition Score:23.042173888372%

Flavonoids

Cyanidin: 3.24mg, Cyanidin: 3.24mg, Cyanidin: 3.24mg, Cyanidin: 3.24mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg, Catechin: 4.54mg Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 2.04mg, Naringenin: 2.04mg, Naringenin: 2.04mg, Naringenin: 2.04mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 176.71kcal (8.84%), Fat: 1.26g (1.94%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 32.63g (11.87%), Sugar: 26.33g (29.25%), Cholesterol: 0mg (0%), Sodium: 85.46mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin A: 21446.78IU (428.94%), Vitamin C: 201.41mg (244.14%), Fiber: 11.19g (44.76%), Manganese: 0.81mg (40.47%), Potassium: 1045.59mg (29.87%), Vitamin K: 30.05µg (28.61%), Vitamin B6: 0.57mg (28.43%), Folate: 103.61µg (25.9%), Vitamin E: 3.06mg (20.4%), Vitamin B3: 3mg (14.99%), Magnesium: 54.92mg (13.73%), Vitamin B1: 0.2mg (13.44%), Phosphorus: 124.11mg (12.41%), Vitamin B2: 0.2mg (12.06%), Copper: 0.22mg (11.12%), Iron: 1.7mg (9.42%), Vitamin B5: 0.91mg (9.06%), Calcium: 84.83mg (8.48%), Zinc: 0.86mg (5.7%), Selenium: 0.78µg (1.12%)