



HEALTH SCORE

56%

Veggie Detox



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



166 kcal

SIDE DISH

Ingredients

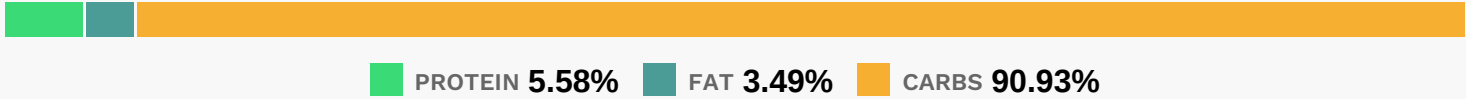
- ☐ 1 baby beets trimmed scrubbed
- ☐ 2 bosc pear firm stemmed cut into wedges
- ☐ 0.5 pound carrots scrubbed cut into 2- to 3-inch pieces
- ☐ 2 celery stalks trimmed cut into 2-to 3-inch pieces
- ☐ 0.8 inch ginger fresh peeled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup parsley fresh italian packed () (stems and leaves)

Equipment

Directions

☐ Push pears and ginger through juice extractor. Working in batches, push carrots, celery, beet, and parsley through juice extractor. Stir in lemon juice. Divide between two 8-ounce glasses and serve.

Nutrition Facts



Properties

Glycemic Index:113.29, Glycemic Load:12.63, Inflammation Score:-10, Nutrition Score:19.434782471346%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 32.43mg, Apigenin: 32.43mg, Apigenin: 32.43mg, Apigenin: 32.43mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 165.93kcal (8.3%), Fat: 0.71g (1.1%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 31.87g (11.59%), Sugar: 24.47g (27.19%), Cholesterol: 0mg (0%), Sodium: 108.01mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Vitamin A: 20277.41IU (405.55%), Vitamin K: 270.02µg (257.16%), Vitamin C: 37.49mg (45.44%), Fiber: 9.89g (39.57%), Potassium: 745.52mg (21.3%), Folate: 81.88µg (20.47%), Manganese: 0.35mg (17.49%), Vitamin B6: 0.24mg (12.24%), Copper: 0.24mg (12.14%), Magnesium: 40.15mg (10.04%), Iron: 1.78mg (9.9%), Vitamin B3: 1.7mg (8.52%), Vitamin B2: 0.14mg (8.17%), Phosphorus: 80.2mg (8.02%), Calcium: 79.74mg (7.97%), Vitamin B1: 0.12mg (7.88%), Vitamin E: 1.11mg (7.39%), Vitamin B5: 0.51mg (5.1%), Zinc: 0.7mg (4.66%)