



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 beet trimmed scrubbed
- ☐ 2 bosc pears 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%)