

Immune Boosting Green Juice

Number of Servings: 4 (296.5 g per serving)

Weight: 1185.99 g

Preparation Time: 20 Minute

Cook Time: N/A

Cook Temperature: N/A

Pan Size: N/A

Cook Method: Juicer

| Amount | Measure | Ingredient | Comments |
|--------|---------|--|----------------|
| 1/2 | lb | kale, fresh | Approx. 2 cups |
| 1/2 | lb | spinach, fresh, bunch | |
| 2.00 | ea | apple, fresh, medium, 3" | |
| 1.00 | ea | celery stalk, fresh, large, 11" to 12" | |
| 1.00 | ea | cucumber, english, fresh | |
| 2.00 | slice | Spice, ginger root, fresh, 1" slices | |

| Nutrition Facts | |
|--|---------------|
| servings per container | |
| Serving size | (296g) |
| Amount per serving | |
| Calories | 100 |
| % Daily Value* | |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 80mg | 3% |
| Total Carbohydrate 22g | 8% |
| Dietary Fiber 7g | 25% |
| Total Sugars 12g | |
| Includes 0g Added Sugars | 0% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 168mg | 15% |
| Iron 3mg | 15% |
| Potassium 844mg | 20% |
| <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

Instructions:

1. Thoroughly wash all vegetables under clean running water to remove pesticides and any other residues.
2. Follow your juicer's manufacturer instructions to juice the vegetables. (My juicer produces about 4 cups of juice.)

Note:

The nutrients and fiber content will be lower than what's stated on the nutrition label because some of the fiber remains in the pulp. However, a significant amount of fiber, particularly soluble fiber, still makes it into the juice. This means you'll still benefit from the fiber, along with the abundance of health-promoting vitamins, minerals, and beneficial phytochemicals, making this juice incredibly healthy.

Personal Tip:

I've experimented with using the pulp in other recipes but wasn't satisfied with the results. Since I juice daily, I end up with a lot of pulp. Currently, I'm exploring composting options to make my kitchen more sustainable and waste-free!

NutriPledge Food Rating: Green Dot | Health Promoting



- ✓ Low in calories and a great balance of healthy carbohydrates, fat protein and dietary fiber per serving.
- ✓ Dense in many health promoting nutrients, vitamins, minerals and Phytochemicals and compounds.
- ✓ No trans fat, artificial color or ingredients.

Nutrition profile and Therapeutic health benefits:

This homemade juice is a refreshing, low-calorie drink packed with immune-boosting nutrients like Vitamin A (63% DV), Vitamin C (104% DV), Folate (50% DV), Vitamin K (566% DV), and Manganese (40% DV). Vitamin A supports eye health and immunity, Vitamin K aids blood clotting and strengthens bones, and Vitamin C boosts collagen production and iron absorption. Ginger adds powerful antioxidant and anti-inflammatory benefits. While some fiber remains in the pulp, the juice retains soluble fiber and essential nutrients. If on blood thinners, consult your doctor due to its high Vitamin K content.