



Healthdor

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Raspberry, Pear, and Cucumber Juice ♦♦

A refreshing and healthy juice made with raspberries, pears, and cucumbers. This juice is vegan and perfect for hot summer days.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	Raspberries
300 g	pears
200 g	cucumbers

Directions

Step 1

Wash the raspberries, pears, and cucumbers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the pears and cucumbers into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Blend the raspberries, pears, and cucumbers together until smooth.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 1 g

Protein: 2 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	6 mg	0.6%	0.6%
Iron	4 mg	50%	22.22%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Barbecue Picnic

Cuisines

Italian Thai Mediterranean American

Nutritional Content

Low Calorie

Course

Drinks Salads Sauces & Dressings

Cultural

Chinese New Year Easter

Cost

Under \$10

Demographics

Senior Friendly Heart Healthy

Diet

Vegetarian Diet Vegan Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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