



Healthdor

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Carrot Beet Juice ♦♦

Carrot Beet Juice is a healthy and refreshing drink made from fresh carrots and beets. It is rich in vitamins and minerals and provides numerous health benefits. This juice is commonly consumed as a detox drink or as a pre-workout energizer. It has a vibrant color and a sweet and earthy taste.

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

300 g	Carrots
200 g	Beets

Directions

Step 1

Cut

Wash and peel the carrots and beets.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Cut the carrots and beets into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Add the carrots and beets to a juicer.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Blending

Blend until smooth and pour into glasses.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 25 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	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

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

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue

Course

Drinks Salads Sauces & Dressings

Cultural

Chinese New Year

Demographics

Kids Friendly Teen Friendly Diabetic Friendly

Diet

Mediterranean Diet

TLC Diet (Therapeutic Lifestyle Changes)

Vegan Diet

Raw Food Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Gerson Therapy

The Breatharian Diet

The Master Cleanse Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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