



Healthdor

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Pineapple Carrot Celery Juice ♦♦

A refreshing and healthy juice made from fresh pineapple, carrot, and celery. This juice is packed with vitamins and minerals and is perfect for a vegan or vegetarian diet.

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	Pineapple
150 g	carrot
150 g	celery

Directions

Step 1

Cut

Wash and peel the pineapple, carrot, and celery.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Cut the pineapple, carrot, and celery into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Add the pineapple, carrot, and celery pieces to a juicer or blender.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Blending

Blend or juice until smooth.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Pour the juice into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 30 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	30 g	54.55%	60%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Mexican

Course

Drinks

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Teen Friendly

Diet

Nordic Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Low Sodium Diet

Meal Type

Snack

Supper

Difficulty Level

Medium

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