



Healthdor

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## Carrot-Orange Juice ♦

Carrot-Orange Juice is a refreshing and nutritious beverage made from fresh carrots and oranges. It is packed with vitamins and minerals, making it a healthy choice for any time of the day. This juice is perfect for those following 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

300 g Carrots

400 g oranges

### Directions

## Step 1

Cut

Wash and peel the carrots.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 2

Pressing

Squeeze the oranges to extract their juice.

**Prep Time:** 5 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	150 iu	16.67%	21.43%
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	40 mg	1.74%	1.74%
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%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

## Cuisines

Italian Chinese Indian Mexican French Thai Japanese  
Mediterranean Greek Spanish German Korean Vietnamese American  
Middle Eastern

## Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

## Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker

## Course

Drinks

## Meal Type

Brunch Snack Supper

## Difficulty Level

Easy

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