



Healthdor

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Kale Juice ♦♦

Kale juice is a healthy and refreshing drink that is made from fresh kale leaves. It is rich in vitamins, minerals, and antioxidants, and is known for its numerous health benefits. Kale juice is a popular choice among vegans and vegetarians due to its plant-based nature and nutrient-dense profile. It can be consumed as a standalone beverage or used as a base for smoothies and other drinks.

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 kale leaves

300 ml water

Directions

Step 1

Wash the kale leaves thoroughly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Remove the stems from the kale leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Place the kale leaves and water in a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blending

Blend until smooth and well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Pour the kale juice into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 1 g

Protein: 3 g

Carbohydrates: 11 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	11 g	20%	22%
Fibers	3 g	7.89%	12%
Sugars	2 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	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	206 iu	22.89%	29.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	134 mg	148.89%	178.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	40 mg	1.74%	1.74%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	447 mg	13.15%	17.19%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue

Nutritional Content

Low Calorie

Low Fat

Low Sodium

High Vitamin C

High Calcium

Kitchen Tools

Blender

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Passover

Easter

Demographics

Pregnancy Safe

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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