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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%

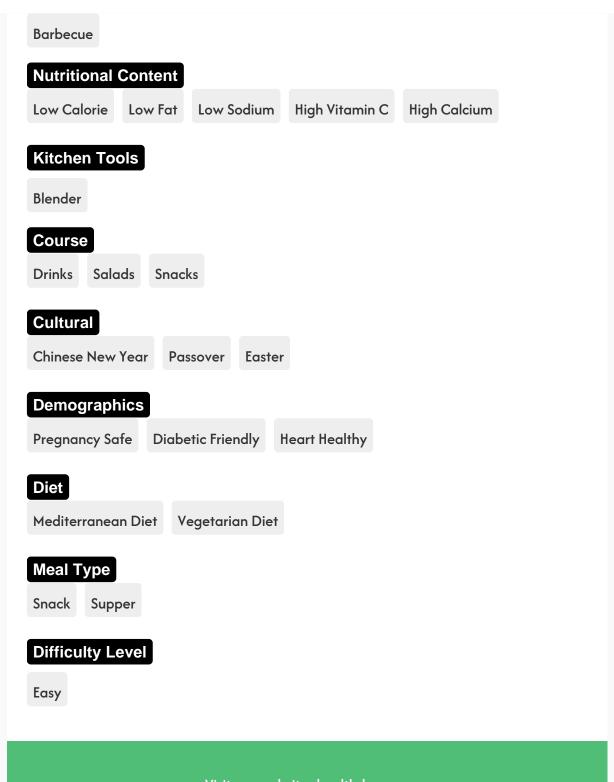
Recipe Attributes

Seasonality

Summer

Fall

Events



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