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Carrot Fresh Juice ♦♦

Carrot fresh juice is a refreshing and nutritious beverage made from freshly squeezed carrots. It is rich in vitamins and minerals, and is a great way to boost your immune system and promote overall health. Carrot fresh juice can be enjoyed on its own or as a base for smoothies and cocktails.

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

500 g Carrots

Directions

Step 1

Preparation

Wash and peel the carrots.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the carrots into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Place the carrots in a juicer and extract the juice.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 41 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	426 iu	47.33%	60.86%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	5 mg	384.62%	384.62%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	88 mg	3.83%	3.83%
Calcium	4 mg	0.4%	0.4%
Iron	1 mg	12.5%	5.56%
Potassium	12 mg	0.35%	0.46%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Nutritional Content

Low Calorie

High Fiber

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Meal Type

Brunch

Snack

Difficulty Level

Easy

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