

Daily Lime & Dill Detox

Ivy Larson - "Clean Cuisine"
Palm Beach Post

Servings: 2

1/2 pear
1 cup chopped and seeded cucumber
1/4 cup chopped fresh dill
1 small avocado
1 cup baby spinach
2 tablespoons lime juice
1 one-inch knob fresh ginger root,
peeled
1 cup frozen pineapple
1 1/4 cups water
3 to 4 ice cubes

Place all of the ingredients except the ice in a high-powered blender. Process until smooth and creamy.

Add the ice and process again.

Drink chilled.

Per Serving (excluding unknown items): 199 Calories; 16g Fat (64.6% calories from fat); 2g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit; 3 Fat.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	199
% Calories from Fat:	64.6%
% Calories from Carbohydrates:	31.0%
% Calories from Protein:	4.4%
Total Fat (g):	16g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	4g
Protein (g):	2g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	68mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 17mg
Potassium (mg): 720mg
Calcium (mg): 23mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 625IU
Vitamin A (r.e.): 62 1/2RE

Vegetable: 1/2
Fruit: 1
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 199 Calories from Fat: 128

% Daily Values*

Total Fat	16g	24%
Saturated Fat	2g	12%
Cholesterol	0mg	0%
Sodium	17mg	1%
Total Carbohydrates	17g	6%
Dietary Fiber	4g	15%
Protein	2g	

Vitamin A	12%
Vitamin C	24%
Calcium	2%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.