

# Mean Green 2014 (Juice)

*Pam Brandon and Anne-Marie Hodges - Divas of Dish  
Palm Beach Post*

## Yield: 4 cups

*1/4 cup water  
1 orange, peeled, seeded and halved  
1 stalk celery, halved  
1 small carrot, halved  
1 green apple, cored and quartered  
2 cups kale, spine removed  
1 one-inch piece ginger, peeled  
2 tablespoons lemon juice  
2 cups ice cubes*

Place all of the ingredients into a blender in the order listed and secure the lid.

Blend the ingredients on the highest-level setting until well blended.

*Diva Tip: Store fresh herbs in a jar of water on your countertop. Change the water daily and they'll last two to three times longer than in the refrigerator.*

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Per Serving (excluding unknown items): 254 Calories; 2g Fat (5.4% calories from fat); 8g Protein; 60g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 138mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Vegetable; 2 Fruit; 0 Fat.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	254
% Calories from Fat:	5.4%
% Calories from Carbohydrates:	83.9%
% Calories from Protein:	10.8%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	60g
Dietary Fiber (g):	12g
Protein (g):	8g
Sodium (mg):	138mg
Potassium (mg):	1459mg

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	108mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	4 1/2
Fruit:	2

**Calcium (mg):** 293mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 260mg  
**Vitamin A (i.u.):** 32576IU  
**Vitamin A (r.e.):** 3257RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 254 Calories from Fat: 14

### % Daily Values\*

<b>Total Fat</b>	2g		3%
	Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	138mg		6%
<b>Total Carbohydrates</b>	60g		20%
	Dietary Fiber	12g	48%
<b>Protein</b>	8g		
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<b>Vitamin A</b>			652%
<b>Vitamin C</b>			433%
<b>Calcium</b>			29%
<b>Iron</b>			20%

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