

# Orange Aid (Juice)

Leslie Price  
Everyday with Rachael Ray

**Servings: 1**

**Yield: 1 1/2 cups**

*4 large carrots*

*2 apples*

*1 orange*

*1 one-inch piece fresh ginger*

*Home Juicing How-To:*

*1. Wash the ingredients; remove the stems and peel the citrus. Thin-skinned fruits and vegetables, like apples or cucumber, don't need to be peeled.*

*2. Halve large fruits and vegetables so they'll fit into the juicer tube.*

*3. Turn the juicer on and feed the ingredients into the tube one at a time.*

*Juice hard vegetables at a high speed and softer fruits at a low speed. Pour into a glass and drink up.*

*No Juicer? No problem!*

*Run firm ingredients through a food processor fitted with a grating disk. Transfer to a bowl, remove the disk and insert the standard blade. Puree the ingredients for 5 minutes, then press through a fine-mesh strainer.*

Beverages

---

Per Serving (excluding unknown items): 365 Calories; 2g Fat (4.1% calories from fat); 5g Protein; 90g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 104mg Sodium. Exchanges: 6 1/2 Vegetable; 3 1/2 Fruit.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	365	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	4.1%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	90.7%	<b>Thiamin B1 (mg):</b>	.4mg
<b>% Calories from Protein:</b>	5.1%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	2g	<b>Folacin (mcg):</b>	90mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	3mg
		<b>Caffeine (mg):</b>	0mg

**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 90g  
**Dietary Fiber (g):** 20g  
**Protein (g):** 5g  
**Sodium (mg):** 104mg  
**Potassium (mg):** 1584mg  
**Calcium (mg):** 154mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 113mg  
**Vitamin A (i.u.):** 81426IU  
**Vitamin A (r.e.):** 8140 1/2RE

**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 6 1/2  
**Fruit:** 3 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 1

### Amount Per Serving

**Calories** 365 Calories from Fat: 15

### % Daily Values\*

<b>Total Fat</b> 2g	3%
Saturated Fat trace	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 104mg	4%
<b>Total Carbohydrates</b> 90g	30%
Dietary Fiber 20g	79%
<b>Protein</b> 5g	

<b>Vitamin A</b>	1629%
<b>Vitamin C</b>	189%
<b>Calcium</b>	15%
<b>Iron</b>	12%

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