

# Pear-adise (Juice)

*Leslie Price  
Everyday with Rachael Ray*

*4 large beets  
2 pears  
2 large ribs celery*

## Beverages

### *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.*

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*Per Serving (excluding unknown items): 350 Calories; 2g Fat (4.6% calories from fat); 7g Protein; 84g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 325mg Sodium. Exchanges: 6 1/2 Vegetable; 3 1/2 Fruit.*

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	350	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	4.6%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	88.0%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	7.5%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	2g	<b>Folacin (mcg):</b>	404mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	2mg
		<b>Caffeine (mg):</b>	0mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	84g
Dietary Fiber (g):	18g
Protein (g):	7g
Sodium (mg):	325mg
Potassium (mg):	1711mg
Calcium (mg):	121mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	35mg
Vitamin A (i.u.):	298IU
Vitamin A (r.e.):	30RE

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

### Amount Per Serving

Calories	350	Calories from Fat: 16
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### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	325mg	14%
<b>Total Carbohydrates</b>	84g	28%
Dietary Fiber	18g	74%
<b>Protein</b>	7g	
<b>Vitamin A</b>		6%
<b>Vitamin C</b>		58%
<b>Calcium</b>		12%
<b>Iron</b>		21%

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