

# Hail to Kale (Juice)

*Leslie Price  
Everyday with Rachael Ray*

**Servings: 1**

**Yield: 1 1/2 cups**

*1 bunch curly kale  
2 heaping cups watermelon chunks  
1 tart apple  
1 lemon*

*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.*

**Beverages**

*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.*

---

**Per Serving (excluding unknown items):** 74 Calories; trace Fat (2.8% calories from fat); 1g Protein; 22g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 1/2 Fruit.

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	74	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	2.8%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	92.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	4.6%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	trace	<b>Folacin (mcg):</b>	8mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 22g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 1g  
**Sodium (mg):** 5mg  
**Potassium (mg):** 250mg  
**Calcium (mg):** 21mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 36mg  
**Vitamin A (i.u.):** 91IU  
**Vitamin A (r.e.):** 8 1/2RE

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

**Food Exchanges**

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

**Nutrition Facts**

Servings per Recipe: 1

**Amount Per Serving**

**Calories** 74 Calories from Fat: 2

**% Daily Values\***

<b>Total Fat</b> trace	0%
Saturated Fat trace	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrates</b> 22g	7%
Dietary Fiber 3g	13%
<b>Protein</b> 1g	
<hr/>	
<b>Vitamin A</b>	2%
<b>Vitamin C</b>	60%
<b>Calcium</b>	2%
<b>Iron</b>	3%

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