

Honey-Do! (Juice)

Leslie Price
Everyday with Rachael Ray

Servings: 1

Yield: 1 1/2 cups

5 large leaves romaine lettuce
2 cups cubed honeydew melon
1 cucumber
1 jalapeno
1 handful cilantro OR flat-leaf
parsley
1 lime

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.

Per Serving (excluding unknown items): 619 Calories; 9g Fat (9.7% calories from fat); 67g Protein; 110g Carbohydrate; 71g Dietary Fiber; 0mg Cholesterol; 325mg Sodium. Exchanges: 22 Vegetable; 1/2 Fruit; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	619	Vitamin B6 (mg):	2.1mg
% Calories from Fat:	9.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	56.1%	Thiamin B1 (mg):	4.1mg
% Calories from Protein:	34.1%	Riboflavin B2 (mg):	4.0mg
Total Fat (g):	9g	Folacin (mcg):	5440mcg
Saturated Fat (g):	1g	Niacin (mg):	21mg
		Caffeine (mg):	0mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	110g
Dietary Fiber (g):	71g
Protein (g):	67g
Sodium (mg):	325mg
Potassium (mg):	12048mg
Calcium (mg):	1495mg
Iron (mg):	45mg
Zinc (mg):	11mg
Vitamin C (mg):	995mg
Vitamin A (i.u.):	103936IU
Vitamin A (r.e.):	10392RE

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

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	22
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 619 Calories from Fat: 60

% Daily Values*

Total Fat 9g	13%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 325mg	14%
Total Carbohydrates 110g	37%
Dietary Fiber 71g	282%
Protein 67g	
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Vitamin A	2079%
Vitamin C	1658%
Calcium	150%
Iron	250%

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