

Mellow Yellow (Juice)

Leslie Price
Everyday with Rachael Ray

Servings: 1

Yield: 1 1/2 cups

2 heaping cups pineapple chunks

2 ribs celery

1 lemon

1 lime

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): 45 Calories; trace Fat (4.8% calories from fat); 2g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 73mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit.

Per Serving Nutritional Analysis

Calories (kcal):	45	Vitamin B6 (mg):	.1mg
% Calories from Fat:	4.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	34mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	16g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	73mg
Potassium (mg):	382mg
Calcium (mg):	69mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	56mg
Vitamin A (i.u.):	131IU
Vitamin A (r.e.):	13RE

Alcohol (kcal):
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 45 Calories from Fat: 2

% Daily Values*

Total Fat trace	1%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrates 16g	5%
Dietary Fiber 2g	9%
Protein 2g	
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Vitamin A	3%
Vitamin C	93%
Calcium	7%
Iron	6%

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