

Red Hot (Juice)

Leslie Price

Everyday with Rachael Ray

Servings: 1

Yield: 1 1/2 cups

5 medium tomatoes

2 ribs celery

2 carrots

1 lemon

1 two-inch piece fresh horseradish (or
two tablespoons prepared)

sea salt (optional)

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): 215 Calories; 3g Fat (8.6% calories from fat); 8g Protein; 52g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 177mg Sodium. Exchanges: 9 Vegetable; 1/2 Fruit.

Per Serving Nutritional Analysis

Calories (kcal):	215	Vitamin B6 (mg):	.8mg
% Calories from Fat:	8.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	79.3%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	12.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	3g	Folacin (mcg):	141mcg
Saturated Fat (g):	trace	Niacin (mg):	6mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 52g
Dietary Fiber (g): 13g
Protein (g): 8g
Sodium (mg): 177mg
Potassium (mg): 2144mg
Calcium (mg): 117mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 167mg
Vitamin A (i.u.): 44462IU
Vitamin A (r.e.): 4442 1/2RE

Alcohol (kcal):
 % Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 9
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 215 **Calories from Fat:** 19

% Daily Values*

Total Fat 3g 4%
 Saturated Fat trace 2%
Cholesterol 0mg 0%
Sodium 177mg 7%
Total Carbohydrates 52g 17%
 Dietary Fiber 13g 52%
Protein 8g

Vitamin A 889%
Vitamin C 279%
Calcium 12%
Iron 23%

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