

Red Cabbage and Beetroot Smoothie

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

33

Kcal / 100.0

84.4% Carbs

10.6% Protein

5% Fat

EU Label values per 100.0

Serves 1

	PER 100.0	%RI	PER 424 SERVING	%RI
Energy(Kj)	155 kJ	2%	657 kJ	8%
Energy(Kcal)	37 kcal	2%	155 kcal	8%
Fat	0 g	0%	0.8 g	1%
of which saturates	0 g	0%	0.1 g	1%
Carbohydrate	7.2 g	3%	31 g	12%
of which sugars	6.7 g	7%	28 g	31%
Fibre	1.3 g	5%	5.7 g	23%
Protein	0.9 g	2%	3.7 g	7%
Salt	0.06 g	1%	0.24 g	4%

MAY CONTAIN:



SULPHITES

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Energy	Lipid Components	Vitamins
Energy(Kcal) 2% RI	Saturated Fat 0% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 2% RI	Monounsaturated fat 0% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 3% RI	Polyunsaturated fat 1% RI	Vitamin D
Protein 2% RI	Omega3(n-3)	Vitamin E 0% RI
Fat 0% RI	Omega6(n-6)	Vitamin K 1 2% RI
Water	cis-Poly	Thiamin (B1) 1% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B2) 1% RI
Alcohol	Cholesterol	Niacin total (B3) 1% RI
Carbohydrate	Minerals & trace elements	Niacin
Starch	Sodium 1% RI	Tryptophan
Oligosaccharide	Potassium 9% RI	Pantothenic Acid (B5) 2% RI
Fibre 5% RI	Chloride 5% RI	Vitamin B 6 3% RI
NSP	Calcium 2% RI	Folates (B9) Total 17% RI
Sugars 7% RI	Phosphorus 4% RI	Vitamin B 12
Glucose	Magnesium 2% RI	Biotin (B7) 0% RI
Galactose	Iron 2% RI	Vitamin C 21% RI
Fructose	Zinc 1% RI	Other
Sucrose	Copper 2% RI	GI (estimated)
Maltose	Manganese 13% RI	GL
Lactose	Selenium 1% RI	
	Iodine 1% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Cranberry fruit juice drink	60	0.4x Average glass/pub bottle	0.00
Cabbage, red, raw	80	0.2x small cabbage	0.00
Balsamic Vinegar	0.95	0.3x teaspoon	0.00
Apples, eating, raw, flesh and skin	87	0.5x Medium	0.00
Beetroot, boiled in unsalted water	100	2.5x Average Portion	0.00
Ice cubes	96	8x average cube	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	424	140	0.00	

Ingredient List (QUID) ...

Beetroot (23.6%), Ice cubes (22.6%), Apples (20.5%), Red cabbage (18.9%), Cranberry juice (14.2%), Balsamic vinegar (0.22%)
For allergens, see items in bold. (May also contain traces of Sulphites)

Cooking Instructions & Notes

1. Place all ingredients into a blender and run until smooth.
2. Serve immediately