

Orange

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Navel Orange

NUTRITION

AMOUNT PER SERVING

Calories	69	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	18g	Folate	48µg
Fiber	3g	Magnesium	15mg
Protein	1g	Zinc	0mg
Vitamin C	83mg		

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

NOTES

RECIPE ID 224

ADDING TO SCD

At first - just enjoy the juice and spit out the rest.