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## Breville juicer manual bje510xl

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 Breville Fantana Juice® Multi-Speed BJE510XL - Using Manual - Use the PDF Guide download or read online. Juice Fountain Multi-Speed Instruction Book - Libret d'instructions BJE510XL/A CONGRATULATIONS on the purchase of the Breville product Register online for product support and exclusive offers.\* \*Register is not a substitute for proof of purchase when submitting a warranty application. Newest Added: HEI7282U/09 BTA630XL SHE68E15UC/25 NETP066SUC/01 HMB8020/01 Breville recommends safety first Know your Breville Product Assemble Your Breville Product Breville Product Dismantling Your Breville Care Product & Troubleshooting Tips on juicy fruit and vegetable facts Recipes BREVILLE RECOMMENDS SAFETY FIRST At Breville we are very aware of safety. We design and manufacture consumer products with your safety, our valuable customer, first and foremost in mind. In addition, please exercise a degree of care when using any electrical appliance and join the following precautions. IMPORTANT WARRANTIES Read all the instructions carefully Well Always make sure that the juicer cover is securely secured (certainly before operating the locking arm) before the engine is switched on When using electrical appliances, basic on. Do not loosen the clamps (safety measures must always be arm lock) while the juicer is in operation, including the following: • To protect against fire, electric shock Always make sure that the juicer is turned off after each use. Make sure that the filter and injury of persons do not sink the appliance, engine base, cable or socket basket and that in water or any other liquid, the engine stopped completely before disassembly. Careful supervision is required when the appliance is used by or near children. Do not push food into the feeding trough with your fingers or other utensils. Unplug when not in use, always use the supplied food pusher, before putting or removing parts, and do not put your hand or fingers in before cleaning or trying to move the food parachute when it is attached to the appliance. Breville BJE510XL | File Type: PDF | File name: bje510xl.pdf | 5.87 MB | Language: English Download User Manual User Manuals, Guides and Specifications for Your Breville Juice Fountain Multi-Speed BJE510XL Squeezer. Others. Database contains 2 Breville Juice Fountain Multi-Speed Multi-Speed Manuals (available for free online viewing or download in FORMAT PDF); Manual , Instruction Book - The Juice Fountain™ Multi-Speed Instruction Book - Libret d'instructions CONGRATULATIONS on the purchase of the Breville product Register online for product support and exclusive offers.\* USA Consumers: www.brevilleusa.com Canadian Consumers: www.breville.ca \*Register is not a substitute for proof of purchase when submitting a warranty application. 4 Breville Recommends Safety First 6 Know your Breville Product 9 Product Assembly Breville 12 Product Operation Breville 15 Designing product Breville 17 Care & cleaning 20 Troubleshooting 23 Tips on Squeezing 25 Fruit and Vegetable Facts 28 Recipes 41 French Breville recommends safety first At Breville we are very aware of safety. We design and manufacture consumer products with your safety, our valuable customer, first and foremost in mind. In addition, please exercise a degree of care when using any electrical appliance and join the following precautions. Important Warranties Read all instructions BEFORE USE AND SAVING FOR FUTURE REFERENCES \*Remove and safely discard any packaging material or promotional labels before using Juice Fountain for the first time™ Multi-Speed. \*Do not touch the small cutting blades at the base of the stainless steel filtration basket. \*To eliminate a choking hazard for young children, remove and safely discard the protective cover mounted on the power plug of this appliance. Do not place the Juice Fountain™ MultiSpeed near the edge of a counter-closing or table during operation. Make sure the surface is level, clean and without water, food, etc. Vibrations during operation may cause the device to move. \*Any significant leakage on the surface below or around the appliance or on the appliance itself must be cleaned and dried before continuing to use the appliance. \*Do not place the Juice Fountain™ MultiSpeed on or near a hot or electric gas burner or where it could touch a heated oven. \*Always make sure that the juice fountain™ multi-speed is assembled correctly before use. The appliance will not work unless properly assembled. \*Do not use Juice Fountain™ MultiSpeed on a sink drain plate. \*Do not leave the juice fountain™ MultiSpeed unattended during use. \*Always make sure that the Juice Fountain™ Multi-Speed is turned off by positioning the switch in the off position and disconnect the cable. Make sure that the stainless steel filtration basket has stopped rotating and that the engine has stopped completely before releasing the safety lock arm and/or attempting to move the appliance, when the Multi-Speed is not in use and before dismantling, cleaning and storage. \*Do not use the appliance continuously with hard fruits and vegetables for more than 10 seconds. Let the engine rest for 1 minute between each \*Do not push stone fruit unless the pits have been removed. \*Regularly inspect the power cord, plug and actual appliance for any damage. If found damaged in any way, stop using the appliance immediately and call the Breville Consumer Service Center at 1-866-273-8455. \*Recipes in this instruction book are not considered a heavy task. However, hard fruits and vegetables will put the excess strain on the engine if a low speed is selected. Please refer to the squeezing guide to determine the correct speed for the fruits and vegetables selected for squeezing. \*Keep your hands, fingers, hair, clothing, as well as spatulas and other utensils away from the appliance during operation. \*Do not push food into the feeding trough with your fingers or other utensils. Always use the supplied food pusher. Do not place your hand or fingers in the food trough when it is attached to the appliance. Breville recommends safety first \*Be careful when handling the stainless steel filter basket, as the small cutting blades at the base of the filter basket are very sharp. Mishandling can cause injury. \*Do not use Juice Fountain™ MultiSpeed for anything other than food and/or beverage preparation. \*Keep the appliance clean. See the care and cleaning section. \*Remove the peel from all citrus fruits before squeezing. BREVILLE ASSIST™ PLUG The Breville device comes with a unique Assist™ plug, conveniently designed with a finger hole in the power socket for easy and safe removal from the wall exit. For safety reasons, it is recommended to connect the Breville directly to your own electrical outlet on a dedicated circuit separate from other appliances. If the electrical circuit is overloaded with other appliances, the appliance may not work properly. Use with a power band or extension cord is not recommended. SHORT CABLE INSTRUCTIONS The Breville is equipped with a short power cord as a precaution to prevent personal injury or damage to property resulting from pulling, tripping or messing with a longer cable. Do not allow children to use or approach this device without close adult supervision. Longer detachable power bands or extension cords are not recommended, but can be used if attention is exercised. If an extension cord is used, (1) the marked electrical rating of the cable set or extension cord must be at least as high as the electrical rating of the appliance, (2) the cable must be arranged in such a way that it does not break on the countertop or table, where it can be pulled by the children or prevented unintentionally, and (3) the extension cable must include a grounding with 3 prongs. IMPORTANT PROTECTION MEASURES FOR ALL ELECTRICAL APPARATUS \*Completely unplug the power cord before use. \*Do not allow the power cord to hang over the edge of a counter-peak, touch hot or knotted surfaces. \*To protect yourself against electric shock, electric shock, insert the power cord, power plug or appliance into water or any other liquid. \*The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental abilities or lack of experience and knowledge, unless they have been supervised or instructed on the use of the appliance by a person responsible for their safety. \*Children should be supervised to ensure that they do not play with the appliance. \*This appliance is intended for domestic use only. Do not use this appliance for anything other than its destination. Do not use in moving vehicles or boats. Do not use outdoors. Improper use may cause personal injury. WARNING Very wide feed parachute. Do not place your hands or foreign objects on the feed chute. Always use the supplied food pusher. WARNING Always ensure that the juicer cover is securely secured before the engine is started. Do not unplug the lock arm while the juicer is in operation. Save THESE INSTRUCTIONS KNOW YOUR Breville product PAGEKNOWtheaderyour Breville ..... Product I A B J C K D L M N E F O G H A Unique Direct Central Feed System Ensures maximum juice extraction. B 3 Inch Extra Wide Feed Chute Fits whole larger fruits and vegetables. C Juicer Cover (Top Shelf Dishwasher Safe) D 3 Litre pulp Container (Top Shelf Dishwasher Safe) E Elegant Stainless Steel Design F ON/OFF Switch G LCD Speed Indicator with Speed Guide. H Electronic Variable Speed Control Dial NOTE All safe dishwasher parts are TOP ONLY. I Food Pusher for pushing whole fruits and vegetables down the food parachute. (Not sure dishwasher) J Die-Cast Metal Interlocking Safety Arm Stops the juicer from working without the juicer cover locked in place. K Nutri Disc™ Stainless steel, titanium-reinforced micro mesh filter basket. (Top shelf dishwasher safe) L Motor Drive Coupling M Filter Bowl Surround (top shelf dishwasher safe) N 1.2 Litre Juice Pitcher and cap with built-in foam separator. (Top shelf dishwasher safe) O Heavy Duty Engine with one year warranty for the engine. PAGEKNOWwededyour Breville ..... Product S R T P .Custom Designed Juice Nozzle Perfect for free juicing mess directly in a glass. (Top shelf dishwasher safe) Q Cleaning Brush The flat end of the brush helps remove the pulp from the cellulose container when squeezing large amounts, the end of the nylon brush ensures easy cleaning of the Stainless Steel Nutri disc™. Superior dishwasher safe) R Nutri Disc™ allows you to extract only juice from fruits and vegetables. S Built In Froth Separator Ensures the juice foam is separated from the juice when poured into a glass (if preferable). T Juice Jug Lid Allows the juicer to work with the lid on, thus eliminating any splashing during operation. Place the lid on the juice bowl to keep the juice in the fridge. DO NOT DISPLAY Cord Comes out from behind the juicer and wraps around the legs. NOTE To keep the foam in the juice bowl, simply remove the lid before pouring into the glass. Juice. Breville Product Before first use Before using the juicer for the first time, remove any packaging material and stickers and promotional labels. Make sure the appliance is turned off and the power cord is disconnected. Wash the surround filtration vessel, Nutri Disc™, the juicer cover, the food pusher, the pulp container and the juice bowl and the lid in warm soapy water with a soft cloth. Rinse and dry well. The base of the engine can be erased with a damp cloth. It dries well. For use with Nutri Disc™ 1.Set the engine base on a flat and dry surface, would be a top bank. Make sure the appliance is turned off and the power cord is disconnected. 2.Place the filter bowl around above the base of the engine. 3.Align the arrows at the base of the Nutri disc™ with the arrows on the engine coupling and push down until it snaps. Make sure that the™ Nutri Disc is safely mounted inside the filter bowl and on the base of the engine. 4.Place the juicer cover over the filtration vessel, placing the feeding trough above the Nutri disc™ and lower into position. PAGEssdarlingheaderyour ..... Breville Product 5.Raise the lock arm up and locate it in the two rails on either side of the juicer cover. The safety lock arm must now be upright and locked on the juicer cover. 6.Slide the food pusher down the feed trough by aligning the food pusher groove with small protrusion on the inside of the feed trough. Continue to drag the food pusher down into the food trough. 7.Put the pulp container in position by tilting the base of the pulp container away from the base of the engine and slide the top of the pulp container over the bottom of the juice cap. Tilt the base of the cellulose container back into the base of the engine, making sure it is supported by the container holder that extends from below the base of the engine. NOTE To minimize cleaning, align the pulp container with a bag of products to collect the pulp. The pulp can then be used in other dishes, or as a compost for the garden or discarded. 8.Place the supplied juice bowl under the drain on the right side of the juicer. The juicer jug cover can be used to avoid any splashes. Alternatively, you can match the custom juice nozzledesigned over the juice drain mouth and place a glass underneath. The juice nozzle will prevent splashing, ensuring free mess squeezing. PAGEOperatingghe deryour ..... Breville Product 1.Wash selection of fruits and vegetables to be squeezed. NOTE Most fruits and vegetables, such as apples, carrots and cucumbers will not have to be cut or cut to size as will fit whole into the power chute. Make sure that vegetables, such as beets, carrots, etc. have all the soil removed, are thoroughly washed and cut by leaves before squeezing. 2.Make sure the juicer is assembled correctly. See Assemble the juicer. Make sure that the juice bowl (or a glass) is placed under the drain and the pulp container is in position before Squeezing. 3.Connect the power cord to a 110/120V outlet. The LCD screen will light up. 4.Press the ON/OFF switch on the control panel at ON. The juicer will start working at the selected speed. The speed can be changed at any time during the squeezing process by adjusting the variable speed control dial. 5.With the rolling engine, place food in the food trough and use the food pusher to gently guide the food down. To extract the maximum amount of juice, always push the food pusher down slowly. 6.As the fruits and vegetables are processed, the juice will flow into the juice bowl and the separate pulp will accumulate in the pulp container. The pulp container can be emptied during squeezing by turning the switch off to the control panel and then carefully removing the pulp container. Replace the empty pulp container in position before continuing to juice. NOTE After 3 minutes, the LCD display will turn off automatically if the ON/OFF switch is not turned on or if a speed is not selected. NOTE The LCD display will turn on continuously for 3 minutes before entering a sleep mode, where it will automatically stop to save power. The screen will return on after activating the ON/OFF switch, speed control dial or safety lock arm. If the safety lock arm is not attached to the juicer cover, the LCD display will light up and flash with an L, indicating that the safety lock arm must be fixed. When the safety lock arm is attached to the juicer cover, the LCD display will illuminate and display the selected speed setting. The speed can be changed by adjusting the variable speed control dial. For a quick reference to the squeezing speed, use the speed hand displayed on the LCD screen, the speed selector table located on the pulp container, or see the speed selector table. Hard fruits and vegetables will put the excess strain on the engine if a low speed is selected. Please refer to the speed selector table to determine the correct speed for fruits and vegetables being squeezed PAGEOperatingghe deryour ..... Breville Preparation of fruit and vegetable product for juice extractor speed selector table Fruits / Vegetables Suggested speed Apples 5 Apricots (farstone removed) 2 Beetroot (cleaned, trimmed) 5 Blueberries 1 Broccoli 4 Brussels sprouts (adorned) 5 Cabbage 4 Carrots (cleaned) 5 Cauliflower 4 Celery 5 Cucumber (peeled) 2 Cucumber - soft skinned 4 Fennel 5 Grapes (without seeds) 1 Kiwi (peeled) 2 Mango (peeled, stone 2 removed) Melons (peeled) 1 Nectarines (farstone) 2 Oranges (peeled) 3 Peaches (remote stone 2 Pears - hard (distant stems) 5 Pears - soft removed) 2 Pineapples (peeled) 5 Plums (farstone removed) 2 Raspberries 1 Tomatoes 1 Watermelon 1 NOTE Use the speed selection table located on the pulp container for a quick and convenient squeezing reference. NOTE NOTE will automatically stop running if the engine is locked for more than 10 seconds. This is a safety feature. Either too much food is processed at a time, or the pieces are not small enough. Try trimming food, cutting food into smaller pieces of even/or processing a smaller amount per batch. To continue squeezing, reset the juicer by pressing the ON/OFF button on the control panel to OFF and remove the power cord from the power outlet, then empty the power chute, eventually connect the power cord back to the power outlet. Turn the appliance back on by pressing the ON/OFF button on ON. NOTE Do not allow the pulp container to refill as this may affect the operation of the appliance. To minimize cleaning, line the pulp container with a bag of products to collect the pulp. The pulp can then be used in other dishes, or as a compost for the garden or discarded. To include the foam in your juice, simply remove the juice jug cap when pouring the juice into the bottle. WARNING Never use your fingers, hands or other utensils to push food down on the feed chute or to clean the feed chute during operation. Always use the supplied food pusher. PAGEDissemblinggader ..... breville Product JUICE EXTRACTOR 1.Make sure the juicer is turned off by pressing the ON/OFF button on the control panel to stop. Then unplug the cable. 2.Remove the pulp container by tilting the base away from the base of the engine, then remove it from under the juicer cover and the container holder that extends from below the base of the engine. 3.Use the grip handle located on the safety lock arm to lift the lock arm off the juicer cover and lower down out of position. 4. Lift the juicer cover off the juicer. 5.Remove the filter bowl around the Nutri disc™ still in effect. 6.To remove the Nutri™ disc from the filter bowl, insert your fingers under the canes and lift the juicer disc up. For easy cleaning, it is recommended to remove the Nutri disc™ over the sink. WARNING The Nutri disc™ contains small sharp blades to cut and process fruits and vegetables. Avoid touching the blades when handling the filter basket. For the product Breville PAGECar hé&amp; cleaningder ..... Make sure the juicer is turned off by pressing the ON/OFF button on the control panel to OFF. Then unplug the cable. Make sure the juicer is disassembled correctly. See Remove the juicer. NOTE FOR A LIGHTER CLEANING: Clean as you walk and avoid drying on juice or pulp residues. Immediately after each use, rinse the detachable parts in warm remove wet pulp. Allow the parts to air dry. To minimize cleaning, line the pulp container with a bag of products to collect the pulp. The pulp can then be used in other dishes or as a compost for the garden or discarded. Cleaning the engine base 1.Delete the base of the engine with a soft, damp cloth, then dry it thoroughly. 2.Delete any excess food particles from the power cord. NOTE Do not use abrasive pads or when cleaning the parts or the base of the engine, as they can scratch the surface. Cleaning the surround filter bowl, juicer cover, food pusher, pulp container 1.Wash all parts in warm soapy water with a soft cloth. Rinse and dry well. NOTE The surround filtration bowl, juicer cover and pulp container are safe for the dishwasher. (top shelf only) Cleaning the Nutridisc™ For consistent squeezing results, always make sure that™ Nutri Disc is thoroughly cleaned with the supplied cleaning brush. 1.Soak the Nutri disc™ in hot soapy water for about 10 minutes immediately after the squeezing is finished. If the pulp is left to dry on the filter, it can block the fine pores of the filter net, thereby reducing the effectiveness of the juicer. 2.Using the cleaning brush, hold the juicer disc under running water and brush from inside the basket to the outer edge. Avoid touching the small sharp blades in the center of the Nutridisc™. After cleaning the Nutri™ disc, hold it to a light to make sure that the fine mesh holes are not blocked. If the holes are blocked, soak the Nutri disc™ in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the Nutri disc™ in the dishwasher. PAGECar hé and cleaningder ..... NOTE Nutri Disc™ is safe for the dishwasher. (top shelf only) Do not soak the Nutri disc™ in bleach or other abrasive cleaning products. \*Always treat the Nutri disc™ carefully, as it can be easily damaged. Cleaning juice jug 1.Rinse juice jug and foam cap under running water. 2.Wash both sides in warm soapy water with a soft cloth. Rinse and dry well. NOTE The juice vessel and lid are safe for the dishwasher (upper shelf only). ELIMINATION OF FOOD PETES AND MYROSES OR PUTERNICAL Plastic discoloration may occur with brightly coloured fruits and vegetables. To prevent this, wash the parts immediately after use. If discoloration occurs, the plastic parts can be soaked in water with 10% lemon juice or cleaned with a non-abrasive detergent. WARNING Do not immerse the base of the engine in water or any other liquid. The center of the Nutri Disc parachute™ and the feed contains small sharp blades to process fruits and vegetables during the squeezing function. Do not touch the blades when handling the Nutri Disc™ or the power trough. DEPANATION POSSIBLE PROBLEM SOLUTION EASY The machine will not work • The safety lock arm may not be activated correctly when switched on in the vertical operating position with the locking arm located in the two cans on either side of the juicer cover. The engine locks • The wet pulp may accumulate under the juicer cover if the juice when the squeezing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly. Follow the disassembly and cleaning instructions and clean the filtration vessel, juice disc and juicer cover. • The juicer will if the engine is locked for more than 10 seconds. Either too much food is processed at a time, or the pieces are not small enough. Try trimming food or cutting into smaller pieces of size even processing a smaller amount per batch. To continue squeezing, reset the juicer by pressing the 'On/Off' button on the control panel to 'Stop' and then start the machine again by pressing the On/Off button on. • Hard fruits and vegetables will put excessive pressure on the engine if a low speed is selected. Please refer to the squeezing guide to determine the correct speed for the fruits and vegetables selected for squeezing. Excess construction pulp • Stop the squeezing process and follow The Removal™ The Nutri Disc Instructions. Remove the juicer cover, scrape the pulp, reassemble and start removing the juice. Try alternative (soft and hard) varieties of vegetables and fruits. Pulp too wet and • Try a slower squeezing action. Reduce juice extract • Remove Nutri Disc™ and thoroughly clean the mesh walls with a cleaning brush. Rinse the Nutri disc™ under hot water. If the fine mesh holes are blocked, soak the basket in a hot water solution with 10% lemon juice to unlock the holes or wash it in the dishwasher. This will remove excess fiber build (from fruits or vegetables), which could be inhibiting the flow of juice. Juice leaks between • Try a lower squeezing speed and push the food pusher down on the edge of the juicer, cover the feeding trough more slowly. Troubleshooting POSSIBLE PROBLEMS EASY SOLUTION Juice sprays out • Use the jug juice and lid provided, or if the juice in a glass use from the drain drain custom juice nozzle designed. • Try using fruit with more water content to help wash the contents. In addition, try a slower juicing action by feeding a piece in a moment and pushing the feed pusher down more slowly. TIPS ON JUICKING PAGETips otheaderyuicing ..... Inside information on juice Although the juice drinks contained in this brochure have been developed with flavor, texture and fruit in the foreground, the health benefits certainly add to the pleasant taste experience. 70% of the nutrient content of fruits and vegetables is found in juice. Liquids extracted from fresh fruit and vegetables are an important part of a well-balanced healthy diet. Fresh fruit and vegetable juices are an easy source of vitamins and minerals. Juices are quickly absorbed into the bloodstream, therefore being the fastest way the body can digest nutrients. When you make your own fruit and vegetable juices, you have completely on what is included. Select the ingredients and decide if you need to add sugar, salt or other flavouring agents after squeezing. Freshly extracted juices should be consumed immediately after processing to avoid loss of vitamin content. Purchase and storage of fruit and \*Always wash fruits and vegetables before squeezing. \*Always use fresh fruits and vegetables for squeezing. \*To save money and get fresher products, buy fruits or vegetables that are in season. See the fruit and vegetable facts chart. \*Keep the fruits and vegetables ready for squeezing, washing and drying them before storage. \*Most harder fruits and vegetables can be stored at room temperature. The most delicate and perishable items, such as berries, leafy greens, celery, cucumbers and herbs should be kept in the refrigerator until necessary. Preparation of fruits and vegetables for the fixing of the juicer -If hard or inedible skins are used, it would be mango, citrus, melons or pineapples, always clean before squeezing. \*Some vegetables, such as cucumbers, can be processed unpeeled, depending on skin softness and squeezing requirements. \*All fruits with large kernels, hard seeds or stones, such as nectarines, peaches, mangoes, apricots, plums and cherries, must be pitted before squeezing. \*Make sure that vegetables, such as beets, carrots, etc. have all the soil removed, are thoroughly washed and cut from the leaves before squeezing. \*Make sure the fruit, such as strawberries, is peeled before squeezing and the pears have the stems removed. \*The citrus can be squeezed into the juicer, but remove the skin and excess pit before squeezing. \*A small amount of lemon juice can be added to apple juice to reduce discoloration. NOTE The juicer makes refreshing, frothy orange juice. Simply peel the orange and remove any excess pit before squeezing. It is best to refrigerate the oranges before squeezing. FRUITS & LEAGUE FACTS PAGEFruitheader and Vegetables ..... Fruit Facts and Best Calorie Season Seasonal Nutritional Vegetables to Buy Value Count Apples Fall/Winter Produces High in Dietary 166g Apple Winter Bags in Refrigerator Fiber and Vitamin C = 80 Cals Summer Apricots Packed High in Dietary 55g Apricots in Fiber Crisper = 19 Cals Refrigerator Contains Potassium Bananas Fall/Room Temperature Vitamins B6 & C, 100g Banana Spring Potassium, Dietetic = 90 cals Winter Fiber Cut tops, Good source Folate 160g Beetroot then Chili and Dietary

Fiber = 79 cal's unpacked vitamin C and potassium Blueberry summer coating in vitamin C 100g blueberry refrigerator = 52 cal's Broccoli fall / Produce bag in vitamin C, Folate, 100g Broccoli winter refrigerator B2, B5, E, B6 and = 31 cal's Dietary Fibre Brussel Cabbage Autumn / Unwrapped Vitamin C, B2, B6, E, 100g Winter Brussel in Crisper by Folate and Dietary Cabbage Refrigerator Fiber = 37 cal's Winter Cabbage Wrapped, Trimmed Vitamin C, Folate, 100g in the refrigerator potassium B6 and = 22 cal's dietary fiber Winter carrots uncovered in vitamin A, C, B6 and 100g Carrots Dietary Refrigerator Fiber = 33 cal's Cauliflower Fall / Outdoor Remover Vitamin C, B5, B6 100g Cauliflower Leaves Winter, shop in Vitamin 5 and = 24.5 cal's produces bag in the refrigerator potassium Celery autumn / refrigerator in vitamin C and 100g stick winter produces potassium bag = 15 cal's Cucumber summer Crisper in vitamin C 100g cucumber refrigerator = 12 cal's Fennel fall to refrigerator vitamin C, Dietary 100g Fennel Spring Fiber, Folate = 19 cal's Grapefruit Throughout the Year Room Temperature Vitamin C =, 100g Grapefruit Bioflavonoids, = 33 cal's Lycopene, Dietary Fiber

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