

How To Make Bitter Melon Juice For Diabetic

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-bitter-melon-recipe>

Ingredients:

- 4 3/4 inches bitter melon
- 1 cup water
- 2 cups watermelon
- 1 Orange
- 1 tablespoon honey optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 18 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sodium: 5 milligrams
6. Sugar: 9 grams

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