Skin Cubes

Nutrition Fact Sheet | Ingredient reference values based on USDA data

A blend of olive oil, turmeric root, ginger root, lemon juice, lemon zest and black pepper, frozen into easy portions to add to smoothies, teas and meals.

Ingredient reference values

Ingredient	Reference serving	Calories	Key nutrients
Olive oil	1 tbsp (13.5 g)	119	13.5 g fat (mostly monounsaturated), vitamin E (~13% DV), vitamin K (~7% DV)
Turmeric root (fresh, grated)	1 tsp (3 g)	~3	Small amounts of manganese, iron and potassium, contains curcumin (approximate; limited data for fresh root)
Ginger root (fresh, grated)	1 tbsp (6 g)	5	Small amounts of potassium and magnesium, contains gingerols
Lemon juice	1 tbsp (15 g)	3	Vitamin C (~9% DV), small amounts of potassium
Lemon zest	1 tsp (2 g)	1	Vitamin C (~3% DV), 0.2 g fiber, plant antioxidants
Black pepper (ground)	1/2 tsp (1.1 g)	3	Manganese (~3% DV), contains piperine

Nutrition panel for your cube

Nutrient	Per cube (enter your value)	Per 100 g (enter your value)
Calories		
Total fat (saturated fat)		
Carbohydrate (sugars)		
Dietary fiber		
Protein		
Sodium		
Vitamin C		
Vitamin E		

Notes

- The nutrition of each cube depends on the proportions of each ingredient, which I don't have. Olive oil will usually contribute most of the calories and fat.
- The ingredient table shows typical values per reference serving. Use your recipe weights or a lab analysis to complete the panel for your cube.
- DV = Daily Value, based on a 2,000-calorie diet.
- Turmeric, ginger and black pepper can interact with some medications, such as blood thinners. Anyone on medication or with a medical condition should check with a healthcare professional.
- This is general information, not medical advice.