



Healthdor

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Grape Juice

Grape juice is a refreshing and sweet beverage made from the juice of grapes. It is often consumed as a non-alcoholic alternative to wine or as a base for cocktails. Grape juice can be enjoyed on its own or used as an ingredient in various recipes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	Grapes
500 ml	water
100 g	sugar

Directions

Step 1

Wash the grapes thoroughly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Remove the stems from the grapes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Place the grapes in a blender or food processor.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Blending

Blend the grapes until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Straining

Strain the grape mixture to remove any solids.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Heating

In a saucepan, heat the water and sugar until the sugar dissolves.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Mixing

Combine the grape juice and sugar syrup in a pitcher.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Refrigerating

Refrigerate the grape juice until chilled.

Prep Time: 0 mins

Cook Time: 120 mins

Nutrition Facts

Calories: 70 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	18 g	32.73%	36%
Fibers	0 g	0%	0%
Sugars	18 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Lunch Snack

Course

Drinks

Difficulty Level

Easy

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