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Mango Strawberry Tomato Juice

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This refreshing spring juice combines the flavors of mango, strawberry, and tomato for a delicious and healthy drink. It can be enjoyed as a standalone beverage or used as a base for cocktails and smoothies.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

| | |
|--------|--------------|
| 200 g | Mango |
| 150 g | Strawberry |
| 150 ml | Tomato juice |

Directions

Step 1

Cutting

Peel and chop the mango into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Remove the stems from the strawberries and cut them into halves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

In a blender, combine the chopped mango, strawberries, and tomato juice. Blend until smooth.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 2 g | 11.76% | 11.76% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 25 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 | 10 iu | 1.11% | 1.43% |
| Vitamin C | 80 mg | 88.89% | 106.67% |
| Vitamin B6 | 2 mg | 153.85% | 153.85% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 4 mg | 26.67% | 26.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sodium | 10 mg | 0.43% | 0.43% |
| Calcium | 2 mg | 0.2% | 0.2% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 4 mg | 50% | 22.22% |
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 1 mcg | 1.82% | 1.82% |

Recipe Attributes

Seasonality

Spring

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