[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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