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## Tomato Juice

Tomato juice is a refreshing and nutritious beverage made from fresh tomatoes. It can be enjoyed on its own or used as a base for cocktails and soups. This recipe provides a step-by-step guide on how to make homemade tomato juice.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 30 mins

**Total Time:** 40 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

<b>1000 g</b>	Tomatoes
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>2 tbsp</b>	lemon juice

# Directions

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## Step 1

Cut

Wash the tomatoes and cut them into quarters.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Boiling

In a large pot, bring the tomatoes to a boil and let them simmer for 15 minutes.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 3

Cooling

Remove the pot from heat and let the tomatoes cool down.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

## Blending

Using a blender or food processor, puree the tomatoes until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Straining

Strain the tomato puree through a fine mesh sieve to remove any seeds or pulp.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Stirring

Add salt, black pepper, and lemon juice to the strained tomato juice. Stir well to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

### Refrigerating

Refrigerate the tomato juice for at least 1 hour before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 74 kcal

**Fat:** 0 g

**Protein:** 3 g

**Carbohydrates:** 17 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	17 g	30.91%	34%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	11 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	1020 iu	113.33%	145.71%
Vitamin C	42 mg	46.67%	56%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	380 mg	16.52%	16.52%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	820 mg	24.12%	31.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Picnic

### Course

Drinks Salads

### Cultural

Diwali Christmas

### Cost

\$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Easy

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