



Homemade Tomato Juice



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



189 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 pounds garden tomatoes cored very ripe roughly chopped
- ☐ 1.3 cups celery with leaves chopped
- ☐ 0.3 cup onion chopped
- ☐ 2 Tbsp sugar to taste ()
- ☐ 1 teaspoon salt
- ☐ 1 pinch pepper black
- ☐ 12 a couple shakes of tabasco sauce to taste ()

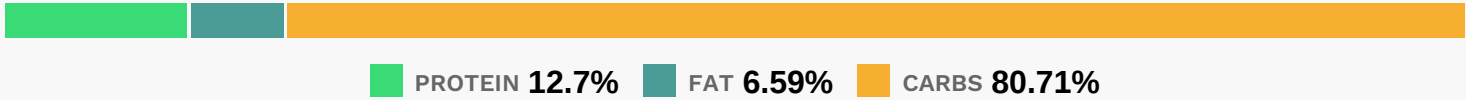
Equipment

- ☐ pot
- ☐ sieve

Directions

- ☐ Put all ingredients into a large non-reactive pot (use stainless steel, not aluminum). Bring to a simmer and cook, uncovered, until mixture is completely soupy, about 25 minutes.
- ☐ Force mixture through a sieve, chinoise, or food mill. Cool completely.
- ☐ Store covered and chilled. Will last for about 1 week in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:99.55, Glycemic Load:16.17, Inflammation Score:-10, Nutrition Score:28.067391403343%

Flavonoids

Naringenin: 4.63mg, Naringenin: 4.63mg, Naringenin: 4.63mg, Naringenin: 4.63mg Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg, Quercetin: 9.61mg

Nutrients (% of daily need)

Calories: 188.96kcal (9.45%), Fat: 1.56g (2.4%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 33.26g (12.1%), Sugar: 31.92g (35.47%), Cholesterol: 0mg (0%), Sodium: 1407.04mg (61.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Vitamin C: 101.63mg (123.19%), Vitamin A: 5961.59IU (119.23%), Vitamin K: 72.58µg (69.12%), Potassium: 1825.36mg (52.15%), Manganese: 0.89mg (44.39%), Fiber: 9.66g (38.63%), Folate: 130.22µg (32.55%), Vitamin B6: 0.63mg (31.63%), Vitamin E: 3.86mg (25.72%), Copper: 0.44mg (21.9%), Vitamin B3: 4.29mg (21.45%), Magnesium: 84.87mg (21.22%), Phosphorus: 186.92mg (18.69%), Vitamin B1: 0.28mg (18.63%), Iron: 2.07mg (11.49%), Vitamin B2: 0.18mg (10.57%), Calcium: 100.96mg (10.1%), Zinc: 1.3mg (8.64%), Vitamin B5: 0.8mg (8.01%)