



Homemade Vegetable Juice Cocktail



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



20

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 medium beets
- ☐ 1 teaspoon pepper black
- ☐ 4 carrots
- ☐ 2 cups celery chopped
- ☐ 3 cloves garlic peeled
- ☐ 1 bell pepper green seeded chopped
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.3 cup juice of lemon

- ☐ 3 large onions peeled cut into chunks
- ☐ 0.3 cup salt to taste
- ☐ 0.3 cup sugar
- ☐ 15 pounds tomatoes fresh
- ☐ 1 cup sugar white
- ☐ 1 tablespoon worcestershire sauce to taste

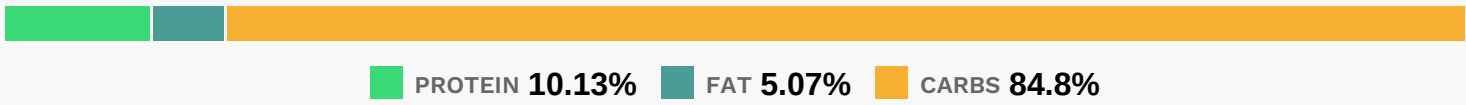
Equipment

- ☐ ladle
- ☐ pot
- ☐ juicer

Directions

- ☐ Use a juicer to process the tomatoes, celery, onion, green pepper, beets, carrots, and garlic.
- ☐ Place all of the juice into a large pot. Stir in the sugar, black pepper, horseradish, lemon juice, and enough water to make a thin consistency. Season with Worcestershire sauce to taste. Bring to a boil, and continue boiling for 20 minutes.
- ☐ Ladle into 1 quart jars leaving 3/4 inch of headspace. Stir 1 tablespoon of sugar and 1 teaspoon of salt into each jar. Wipe rims clean, and place lids and rings onto jars. Process in a pressure canner for 35 minutes at 10 pounds of pressure.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:13.92, Inflammation Score:-10, Nutrition Score:17.905217476513%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg

1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg
Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.78mg, Quercetin:
6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 135.99kcal (6.8%), Fat: 0.85g (1.3%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 31.87g (10.62%), Net
Carbohydrates: 26.26g (9.55%), Sugar: 24.61g (27.35%), Cholesterol: 0mg (0%), Sodium: 1475.93mg (64.17%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin A: 4946.89IU (98.94%), Vitamin C:
56.87mg (68.93%), Vitamin K: 32.2µg (30.66%), Potassium: 985.97mg (28.17%), Manganese: 0.53mg (26.67%),
Fiber: 5.61g (22.43%), Folate: 81.58µg (20.39%), Vitamin B6: 0.36mg (17.81%), Vitamin E: 1.99mg (13.24%), Copper:
0.24mg (12.12%), Magnesium: 47.56mg (11.89%), Vitamin B3: 2.3mg (11.5%), Vitamin B1: 0.16mg (10.51%), Phosphorus:
104.69mg (10.47%), Iron: 1.26mg (7.03%), Vitamin B2: 0.1mg (5.7%), Calcium: 54.27mg (5.43%), Zinc: 0.75mg
(4.97%), Vitamin B5: 0.43mg (4.31%)