

Al's Bloody Best



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 dash celery salt
- ☐ 1.5 ounces vodka
- ☐ 1 serving horseradish
- ☐ 1 dash juice of lemon
- ☐ 1 dash pepper to taste ()
- ☐ 1 dash salt to taste ()
- ☐ 2 drops all the tabasco sauce you handle
- ☐ 4 ounces sacramento tomato juice

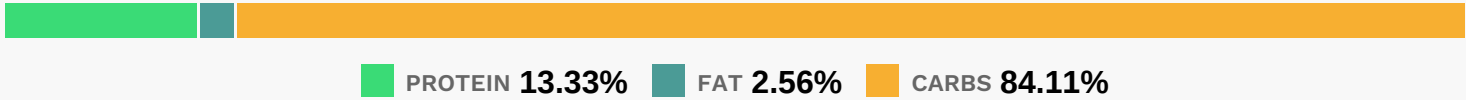
☐ 0.5 teaspoon worcestershire sauce

Equipment

Directions

- ☐ Shake and pour into a tall glass filled one-third with ice, garnish with green olives, and upsy-daisy. If that doesn't work, light three candles, take a cold shower, drink hot coffee, lie flat, and moan. And next time, try to behave.
- ☐ Begin by turning on music best suited for the occasion of a near-death hangover. A dirge is always nice. Then in a cocktail shaker, and, for those who like a kick in the head, a smidgen of horseradish.

Nutrition Facts



Properties

Glycemic Index:113.33, Glycemic Load:1.4, Inflammation Score:-6, Nutrition Score:4.4295651886774%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 120.99kcal (6.05%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.47g (4.96%), Cholesterol: 0mg (0%), Sodium: 185.37mg (8.06%), Alcohol: 14.2g (100%), Alcohol %: 11.03% (100%), Protein: 0.9g (1.8%), Vitamin C: 23.27mg (28.21%), Vitamin A: 516.53IU (10.33%), Potassium: 291.82mg (8.34%), Vitamin B6: 0.13mg (6.52%), Folate: 23.83µg (5.96%), Manganese: 0.09mg (4.73%), Copper: 0.08mg (4.11%), Vitamin B3: 0.8mg (3.98%), Vitamin B1: 0.06mg (3.91%), Iron: 0.68mg (3.75%), Magnesium: 13.47mg (3.37%), Vitamin B5: 0.29mg (2.89%), Vitamin K: 2.86µg (2.73%), Vitamin B2: 0.04mg (2.6%), Phosphorus: 25.11mg (2.51%), Vitamin E: 0.37mg (2.47%), Fiber: 0.52g (2.08%), Calcium: 15.82mg (1.58%), Zinc: 0.19mg (1.25%)