



Aquavit Bloody Marys



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons horseradish drained
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 rib optional: lemon
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 quart sacramento tomato juice chilled
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 cup frangelico chilled

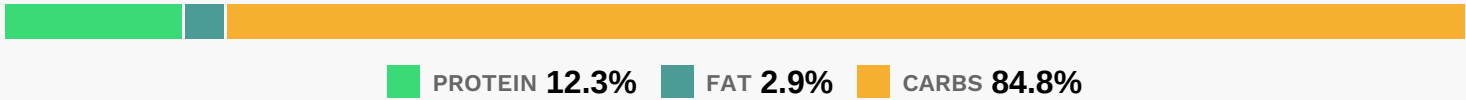
☐ 1 cup frangelico chilled

Equipment

Directions

- ☐ Stir together all ingredients with salt to taste in a pitcher.
- ☐ Serve over ice in 6 (12-ounce) highball glasses.

Nutrition Facts



Properties

Glycemic Index:20.64, Glycemic Load:2.05, Inflammation Score:-6, Nutrition Score:6.3860869589059%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 35.52kcal (1.78%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 8.09g (2.94%), Sugar: 6.78g (7.53%), Cholesterol: 0mg (0%), Sodium: 119.34mg (5.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin C: 34.09mg (41.32%), Vitamin A: 715.82IU (14.32%), Potassium: 428.37mg (12.24%), Vitamin B6: 0.18mg (9.15%), Folate: 36.4µg (9.1%), Manganese: 0.13mg (6.42%), Iron: 1.02mg (5.65%), Vitamin B3: 1.13mg (5.65%), Copper: 0.11mg (5.65%), Vitamin B1: 0.08mg (5.37%), Magnesium: 20.06mg (5.01%), Vitamin B5: 0.41mg (4.11%), Vitamin K: 3.89µg (3.71%), Vitamin E: 0.52mg (3.48%), Vitamin B2: 0.06mg (3.47%), Phosphorus: 34.14mg (3.41%), Fiber: 0.85g (3.38%), Calcium: 25.52mg (2.55%), Zinc: 0.29mg (1.96%)