



Balsamic Bloody Mary

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



4

CALORIES



259 kcal

BEVERAGE

DRINK

Ingredients

- 4 teaspoons balsamic vinegar
- 1 tablespoon pepper black freshly ground
- 1 teaspoon celery seed
- 4 celery stalks with leaves
- 2 tablespoons horseradish freshly grated
- 1 juice of lemon juiced
- 1 juice of lime juiced cut into wedges
- 4 servings pepper sauce hot

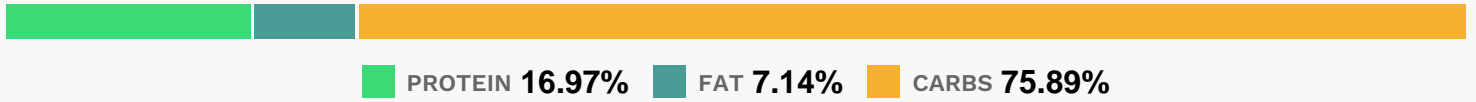
- 24 ounces vegetable cocktail
- 8 ounces vodka
- 1 teaspoon worcestershire sauce

Equipment

Directions

- In a large pitcher, combine the vegetable cocktail, celery seed, pepper, citrus juices, 2 tablespoons grated horseradish, Worcestershire sauce, and hot pepper sauce and stir well to combine. Cover and refrigerate for 1 hour.
- Fill 4 glasses with ice.
- Add 2 ounces vodka to each and fill three-quarters full with the vegetable cocktail mix.
- Sprinkle with the remaining horseradish, place 1 celery stalk in each glass, and squeeze a lime wedge over each glass before dropping the wedge into the glass. Float a teaspoon of balsamic vinegar on the top of each drink and serve.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:8.08, Inflammation Score:-10, Nutrition Score:14.528695797143%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Luteolin: 3.85mg, Luteolin: 3.85mg, Luteolin: 3.85mg, Luteolin: 3.85mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 258.81kcal (12.94%), Fat: 1.14g (1.76%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 19.71g (7.17%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 139.83mg (6.08%), Alcohol: 18.94g (100%), Alcohol %: 9.16% (100%), Protein: 6.11g (12.22%), Vitamin A: 8669.65IU (173.39%), Manganese: 0.67mg (33.33%), Vitamin C: 25.19mg (30.53%), Fiber: 7.61g (30.43%), Vitamin B1: 0.22mg (14.66%), Folate: 57.72µg (14.43%), Potassium: 451.2mg (12.89%), Magnesium: 49.9mg (12.48%), Iron: 2.16mg (12%), Phosphorus: 115.09mg

(11.51%), Vitamin B3: 2.23mg (11.16%), Copper: 0.2mg (10.2%), Vitamin B2: 0.16mg (9.47%), Vitamin B6: 0.19mg (9.35%), Calcium: 68.27mg (6.83%), Zinc: 0.9mg (6.01%), Vitamin K: 3.79µg (3.61%), Vitamin B5: 0.33mg (3.34%), Selenium: 1.06µg (1.52%)