



Barbecue Bloody Mary

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



560 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons barbecue sauce
- 3 teaspoons horseradish prepared
- 1 Dash hot sauce
- 3 servings jalapeño for garnish
- 0.5 juice of lemon juiced
- 3 servings lemon wedges for garnish
- 3.8 tablespoons onion powder
- 1.5 cups paprika

- 0.8 cup sugar
- 12 ounces sacramento tomato juice (recommended: V8)
- 6 ounces vodka
- 1 Dash worcestershire sauce

Equipment

- bowl

Directions

- Mix all the ingredients except for the lemon and garnishes into a cocktail shaker with ice.
- Combine well.
- Rim the edge of the glasses with a lemon. Dip into dry rub.
- Pour the Bloody Mary into the glasses filled with ice.
- Garnish each with a jalapeno.
- Add all ingredients to a bowl and stir until combined. Keep in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:74.64, Glycemic Load:38, Inflammation Score:-10, Nutrition Score:37.264348154483%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 559.75kcal (27.99%), Fat: 7.44g (11.44%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 99.06g (33.02%), Net Carbohydrates: 77.99g (28.36%), Sugar: 66.6g (74%), Cholesterol: 0mg (0%), Sodium: 262.12mg (11.4%),

Alcohol: 18.94g (100%), Alcohol %: 7.64% (100%), Protein: 9.66g (19.32%), Vitamin A: 27174.54IU (543.49%), Vitamin E: 16.34mg (108.93%), Fiber: 21.07g (84.26%), Iron: 12.44mg (69.12%), Vitamin B6: 1.38mg (68.76%), Manganese: 1.09mg (54.27%), Potassium: 1646.98mg (47.06%), Vitamin K: 47.18µg (44.93%), Vitamin B2: 0.73mg (43.18%), Vitamin C: 30.13mg (36.53%), Vitamin B3: 6.39mg (31.94%), Magnesium: 122.91mg (30.73%), Copper: 0.53mg (26.67%), Phosphorus: 227.45mg (22.74%), Zinc: 2.95mg (19.64%), Vitamin B1: 0.28mg (18.77%), Calcium: 178.89mg (17.89%), Vitamin B5: 1.75mg (17.53%), Folate: 59.75µg (14.94%), Selenium: 5.68µg (8.12%)