



Barbecue Bloody Mary



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



216 kcal

BEVERAGE

DRINK

Ingredients

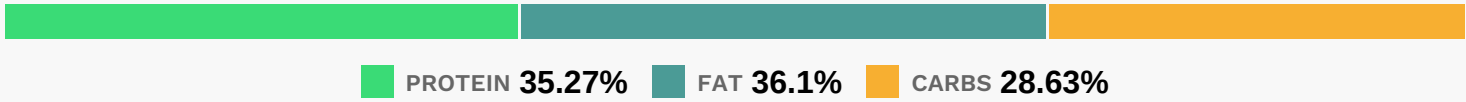
- ☐ 1 serving ice cubes
- ☐ 1 tablespoon juice of lime
- ☐ 1 serving lime wedges
- ☐ 1 serving wonton skins
- ☐ 0.3 teaspoon big daddy's taco rub
- ☐ 0.5 cup vegetable juice
- ☐ 3 tablespoons vodka
- ☐ 1 teaspoon worcestershire sauce

Equipment

Directions

- ☐
- Rub rim of an 8-oz. glass with a lime wedge; dip rim of glass in 1/4 tsp. Barbecue Rub to coat.
- ☐
- Combine vegetable juice, lime juice, Worcestershire sauce, vodka, and 1/4 tsp. Barbecue Rub in a cocktail shaker; fill with ice. Cover with lid; shake vigorously until chilled. Strain into prepared glass filled with ice.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:4.662608695095%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 215.73kcal (10.79%), Fat: 4.39g (6.75%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 6.72g (2.44%), Sugar: 4.87g (5.41%), Cholesterol: 13.3mg (4.43%), Sodium: 548.35mg (23.84%), Alcohol: 15.03g (100%), Alcohol %: 7.37% (100%), Protein: 9.65g (19.3%), Vitamin C: 41.53mg (50.34%), Vitamin A: 1028.73IU (20.57%), Potassium: 303.97mg (8.68%), Iron: 1.01mg (5.6%), Fiber: 1.11g (4.45%), Vitamin K: 4.18µg (3.98%), Calcium: 39.07mg (3.91%), Manganese: 0.04mg (1.85%), Copper: 0.03mg (1.72%)