



Basic Bloody Mary

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



1

CALORIES



177 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 teaspoon celery salt
- 0.5 teaspoon horseradish prepared
- 4 drops hot sauce
- 1 serving juice of lime
- 3 tablespoons juice of lime
- 1 serving garnishes: lime wedges
- 1 serving old bay seasoning
- 0.3 teaspoon pepper

- 0.3 teaspoon salt
- 1 cup sacramento tomato juice chilled
- 3 tablespoons vodka
- 0.8 teaspoon worcestershire sauce

Equipment

Directions

- Dip rim of a cocktail glass in lime juice; dip in seasoned pepper, coating well.
- Add 1 cup chilled tomato juice and next 8 ingredients to prepared glass, stirring until blended.
- Add ice to tomato juice mixture in glass.
- Garnish, if desired.

Nutrition Facts



PROTEIN 10.82% **FAT 3.68%** **CARBS 85.5%**

Properties

Glycemic Index:113.33, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:13.091304509536%

Flavonoids

Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg Hesperetin: 6.73mg, Hesperetin: 6.73mg, Hesperetin: 6.73mg, Hesperetin: 6.73mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 176.79kcal (8.84%), Fat: 0.37g (0.58%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 17.78g (6.47%), Sugar: 10.7g (11.88%), Cholesterol: 0mg (0%), Sodium: 1366.72mg (59.42%), Alcohol: 15.03g (100%), Alcohol %: 5.01% (100%), Protein: 2.47g (4.94%), Vitamin C: 71.61mg (86.8%), Vitamin A: 1196.58IU (23.93%), Vitamin K: 23.14µg (22.04%), Potassium: 715.02mg (20.43%), Manganese: 0.39mg (19.63%), Vitamin B6: 0.33mg (16.71%), Folate: 60.97µg (15.24%), Iron: 2.2mg (12.22%), Copper: 0.21mg (10.45%), Magnesium: 39.56mg (9.89%), Vitamin B1: 0.15mg (9.72%), Vitamin B3: 1.86mg (9.29%), Vitamin B5: 0.71mg (7.13%), Fiber: 1.75g (7%), Vitamin E: 0.98mg (6.55%), Phosphorus: 64.61mg (6.46%), Calcium: 64.22mg (6.42%), Vitamin B2: 0.1mg (6.13%), Zinc: 0.53mg (3.53%), Selenium: 1.07µg (1.53%)