



Basic Bloody Mary



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



240 kcal

BEVERAGE

DRINK

Ingredients



11.5 ounce tomato-vegetable juice cocktail canned



0.3 cup vodka

Equipment

Directions



In a large glass over ice, pour 1/2 can of tomato-vegetable juice cocktail. Stir in the vodka.

Nutrition Facts



 **PROTEIN 14.87%**  **FAT 2.2%**  **CARBS 82.93%**

Properties

Glycemic Index:46.33, Glycemic Load:3.92, Inflammation Score:-9, Nutrition Score:11.536086906557%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 240.22kcal (12.01%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 12.52g (4.55%), Sugar: 11.61g (12.9%), Cholesterol: 0mg (0%), Sodium: 33.4mg (1.45%), Alcohol: 26.72g (100%), Alcohol %: 8.34% (100%), Protein: 2.48g (4.96%), Vitamin C: 59.66mg (72.32%), Vitamin A: 1467.09IU (29.34%), Potassium: 747.38mg (21.35%), Vitamin B6: 0.36mg (18.09%), Folate: 65.2µg (16.3%), Manganese: 0.23mg (11.41%), Vitamin B3: 2.19mg (10.97%), Vitamin B1: 0.16mg (10.48%), Copper: 0.21mg (10.34%), Magnesium: 35.86mg (8.97%), Vitamin B5: 0.81mg (8.15%), Iron: 1.41mg (7.83%), Vitamin K: 7.5µg (7.14%), Vitamin E: 1.04mg (6.96%), Phosphorus: 62.68mg (6.27%), Vitamin B2: 0.11mg (6.27%), Fiber: 1.3g (5.22%), Calcium: 32.6mg (3.26%), Zinc: 0.49mg (3.26%), Selenium: 0.98µg (1.4%)