



Basic Bloody Mary Mix

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

READY IN



130 min.

SERVINGS



8

CALORIES



150 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 1 teaspoon celery salt
- 2 teaspoons horseradish fresh finely grated peeled
- 1 teaspoon hot sauce such as tabasco
- 8 servings ice cubes
- 1.5 teaspoons kosher salt
- 1.5 ounces juice of lemon freshly squeezed (from 1 medium lemon)
- 1.5 ounces juice of lime freshly squeezed (from 2 medium limes)

- 24 ounces sacramento tomato juice
- 16 ounces vodka
- 1 tablespoon worcestershire sauce

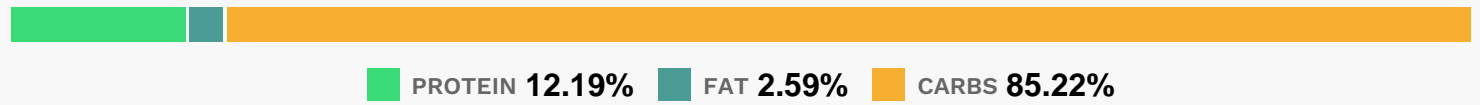
Equipment

- whisk

Directions

- Place all of the ingredients in a nonreactive 1-quart container and whisk until well combined. Cover and refrigerate until the flavors meld and the mix is chilled, at least 2 hours or preferably overnight. The mix will keep refrigerated in a container with a tightfitting lid for up to 24 hours. For serving: When ready to serve, whisk the mix to recombine. Fill 8 highball glasses halfway with ice.
- Pour 2 ounces of the vodka and 4 ounces of the mix into each glass and stir to combine.
- Garnish each with a celery stalk or dill pickle spear and a pickled green tomato, if using.

Nutrition Facts



Properties

Glycemic Index: 9.79, Glycemic Load: 1.05, Inflammation Score: -5, Nutrition Score: 3.6252174131248%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 150.09kcal (7.5%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.47g (3.86%), Cholesterol: 0mg (0%), Sodium: 779.62mg (33.9%), Alcohol: 18.94g (100%), Alcohol %: 11.2% (100%), Protein: 0.71g (1.42%), Vitamin C: 19.87mg (24.08%), Vitamin A: 389.21IU (7.78%), Potassium: 227.38mg (6.5%), Vitamin B6: 0.1mg (5.01%), Folate: 18.84µg (4.71%), Manganese: 0.09mg (4.36%), Copper: 0.08mg (3.81%), Vitamin B1: 0.05mg (3.15%), Vitamin B3: 0.6mg (3.02%), Iron: 0.52mg (2.89%),

Magnesium: 11.3mg (2.83%), Vitamin B5: 0.23mg (2.29%), Vitamin K: 2.33µg (2.22%), Phosphorus: 20.94mg (2.09%),
Vitamin B2: 0.04mg (2.08%), Vitamin E: 0.3mg (1.97%), Fiber: 0.43g (1.71%), Calcium: 14.84mg (1.48%)