



Basil Mary



Gluten Free



Dairy Free



Low Fod Map

READY IN



14 min.

SERVINGS



16

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 servings garnish: basil fresh
- ☐ 0.5 tsp pepper black freshly ground
- ☐ 0.3 teaspoon celery seeds
- ☐ 1 cup basil leaves fresh packed
- ☐ 1 tablespoon hot sauce
- ☐ 0.5 cup juice of lemon fresh
- ☐ 8 cups sacramento tomato juice low-sodium
- ☐ 0.3 cup worcestershire sauce

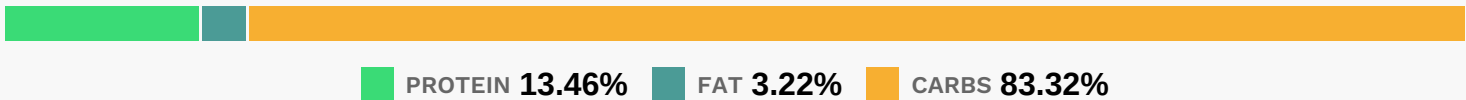
Equipment

☐ blender

Directions

- ☐ Place 1 cup tomato juice and 1 cup basil in a blender, and pulse until basil is pureed.
- ☐ Add lemon juice and next 4 ingredients.
- ☐ Add remaining tomato juice as needed to fill blender, and pulse to blend.
- ☐ Pour mixture into a serving pitcher; stir in remaining tomato juice.
- ☐ Fill glasses half-full with crushed ice.
- ☐ Pour drink to fill glasses.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.71, Glycemic Load:1.5, Inflammation Score:-6, Nutrition Score:5.9243477764337%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 26.81kcal (1.34%), Fat: 0.11g (0.18%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 89.76mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin C: 26.99mg (32.71%), Vitamin K: 17.48µg (16.65%), Vitamin A: 736.9IU (14.74%), Potassium: 333.23mg (9.52%), Vitamin B6: 0.15mg (7.28%), Folate: 28.61µg (7.15%), Manganese: 0.14mg (6.84%), Iron: 0.89mg (4.95%), Copper: 0.1mg (4.94%), Vitamin B3: 0.89mg (4.45%), Vitamin B1: 0.06mg (4.24%), Magnesium: 16.91mg (4.23%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.43mg (2.89%), Vitamin

B2: 0.05mg (2.82%), Phosphorus: 27.38mg (2.74%), Calcium: 24.29mg (2.43%), Fiber: 0.59g (2.35%), Zinc: 0.23mg (1.51%)