



Beefy Bloody Caesar

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



1

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

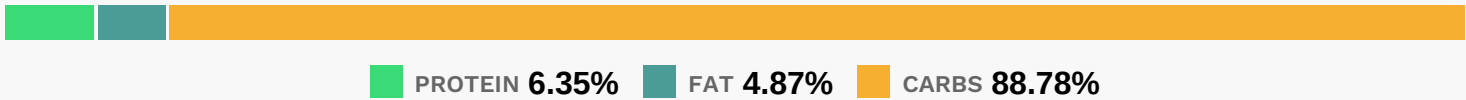
- ☐ 1 dash beef bouillon dry
- ☐ 1 stalk celery
- ☐ 1 pinch celery salt
- ☐ 6 fluid ounces tomato and clam juice cocktail
- ☐ 1 serving ice cubes
- ☐ 1 dash pepper sauce hot
- ☐ 1 fluid ounce vodka
- ☐ 1 dash worcestershire sauce

Equipment

Directions

- ☐ Rub the rim of a cocktail glass with celery salt.
- ☐ Place ice in the glass, and pour in vodka and tomato and clam juice cocktail.
- ☐ Mix in the bouillon powder, hot pepper sauce, and Worcestershire sauce.
- ☐ Garnish with celery.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:4.336521708447%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 161.98kcal (8.1%), Fat: 0.51g (0.79%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 19.63g (7.14%), Sugar: 6.68g (7.42%), Cholesterol: 0.1mg (0.03%), Sodium: 991.76mg (43.12%), Alcohol: 9.88g (100%), Alcohol %: 4.1% (100%), Protein: 1.5g (3%), Vitamin C: 10.32mg (12.5%), Vitamin K: 11.76µg (11.2%), Vitamin A: 444.91IU (8.9%), Potassium: 274.81mg (7.85%), Folate: 29µg (7.25%), Vitamin B6: 0.14mg (7%), Fiber: 1.35g (5.4%), Manganese: 0.1mg (5.14%), Copper: 0.08mg (3.97%), Magnesium: 14.48mg (3.62%), Phosphorus: 34.41mg (3.44%), Calcium: 33.58mg (3.36%), Vitamin B1: 0.05mg (3.24%), Vitamin B3: 0.59mg (2.95%), Vitamin B2: 0.05mg (2.94%), Vitamin B5: 0.25mg (2.49%), Iron: 0.41mg (2.29%), Vitamin E: 0.33mg (2.17%), Selenium: 1.15µg (1.64%), Zinc: 0.2mg (1.34%), Vitamin B12: 0.06µg (1.05%)