

Beer-Based Bloody Marys

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

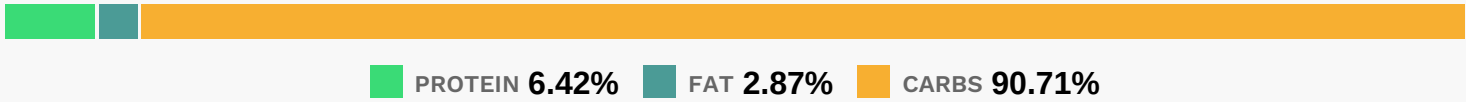
- ☐ 24 ounce beer canned
- ☐ 4 servings celery stalks for garnish
- ☐ 3.3 cups tomato-clam juice see cook's note (recommended: Clamato*)
- ☐ 0.8 teaspoon hot sauce (recommended: Tabasco)
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 servings salt for rimming the glasses

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a pitcher, combine the lime juice, tomato-clam juice and hot sauce.
- ☐ Mix well and chill until ready to serve.
- ☐ Spread a small amount of salt into a shallow saucer. Moisten the rims of tall glasses and coat them in salt. Fill the glasses with ice and pour in the cocktail.
- ☐ Add the beer and garnish each glass with a celery stick.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:2.45, Inflammation Score:-6, Nutrition Score:4.2256521712179%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 169.41kcal (8.47%), Fat: 0.4g (0.61%), Saturated Fat: 0g (0.01%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 27.56g (10.02%), Sugar: 6.64g (7.38%), Cholesterol: 0mg (0%), Sodium: 917.38mg (39.89%), Alcohol: 6.63g (100%), Alcohol %: 2.21% (100%), Protein: 2.01g (4.02%), Vitamin C: 14.74mg (17.87%), Vitamin B6: 0.2mg (10.16%), Folate: 27.5µg (6.88%), Potassium: 238.43mg (6.81%), Vitamin B3: 1.34mg (6.72%), Vitamin A: 299.69IU (5.99%), Magnesium: 21.18mg (5.29%), Phosphorus: 47.4mg (4.74%), Vitamin B2: 0.07mg (4.06%), Manganese: 0.08mg (3.99%), Vitamin B1: 0.05mg (3.54%), Copper: 0.07mg (3.45%), Fiber: 0.85g (3.39%), Selenium: 1.81µg (2.58%), Vitamin B5: 0.25mg (2.51%), Calcium: 24.88mg (2.49%), Iron: 0.34mg (1.91%), Vitamin E: 0.25mg (1.66%), Vitamin B12: 0.09µg (1.53%), Zinc: 0.19mg (1.24%)