



Blood Mary with a Kick



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon celery seed
- ☐ 4 servings celery stalks for garnish
- ☐ 4 shakes hot sauce recommended: Tabasco
- ☐ 1 juice of lemon juiced
- ☐ 1 teaspoon pepper
- ☐ 4 ounce jalapeño peppers pureed canned
- ☐ 1 teaspoon salt
- ☐ 46 ounce vegetable juice canned

☐

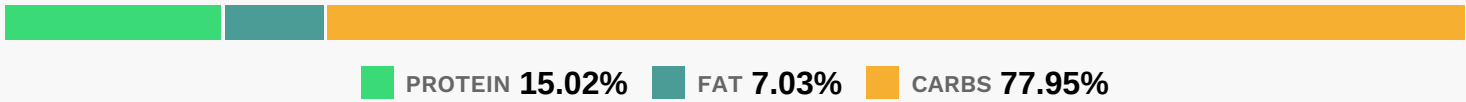
1 tablespoon worcestershire sauce

Equipment

Directions

- ☐ Pour the juice into a large pitcher.
- ☐ Add the pepper, salt, Worcestershire sauce, lemon juice, celery seed, hot sauce, and jalapenos. Stir well.
- ☐ Serve over ice with celery sticks as stirrers.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.72, Inflammation Score:-9, Nutrition Score:11.372608672018%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg, Apigenin: 1.21mg Luteolin: 11.45mg, Luteolin: 11.45mg, Luteolin: 11.45mg, Luteolin: 11.45mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 88.43kcal (4.42%), Fat: 0.69g (1.05%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 13.41g (4.87%), Sugar: 11.99g (13.32%), Cholesterol: 0mg (0%), Sodium: 1704.16mg (74.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Vitamin C: 103.83mg (125.85%), Vitamin A: 3178.51IU (63.57%), Potassium: 757.46mg (21.64%), Fiber: 3.69g (14.76%), Iron: 2.48mg (13.76%), Manganese: 0.21mg (10.68%), Calcium: 93.24mg (9.32%), Vitamin K: 4.84µg (4.6%), Copper: 0.08mg (3.97%), Vitamin B6: 0.07mg (3.72%), Magnesium: 12.88mg (3.22%), Phosphorus: 17.6mg (1.76%), Folate: 6.46µg (1.62%), Vitamin E: 0.24mg (1.57%), Vitamin B1: 0.02mg (1.55%), Zinc: 0.22mg (1.48%), Vitamin B2: 0.02mg (1.42%), Vitamin B5: 0.14mg (1.38%), Vitamin B3: 0.21mg (1.04%)