



Bloody Bull



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 3 tablespoons coriander seeds
- ☐ 1 cup fennel seeds
- ☐ 2 tablespoons horseradish fresh grated to taste
- ☐ 1 clove garlic roughly chopped
- ☐ 1 jalapeño with seeds), stemmed
- ☐ 3 tablespoons kosher salt
- ☐ 1 tablespoon juice of lemon

- ☐ 6 servings grey salt
- ☐ 1 scallion roughly chopped
- ☐ 1 quart sacramento tomato juice
- ☐ 2 tablespoons peppercorns white
- ☐ 6 beers chilled
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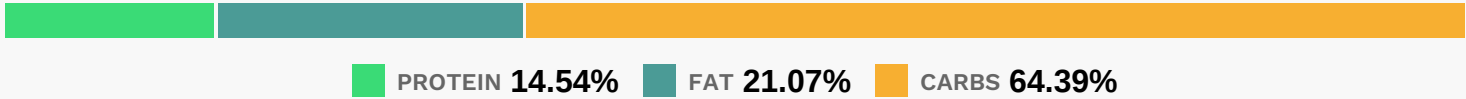
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Rub pre-chilled glass rims in bowl of fennel spice rub or your favorite spice rub.
- ☐ Pour a beer in each glass, top with bull mix. Stir with a spoon and serve.
- ☐ Put the fennel seeds, coriander seeds, and peppercorns in a heavy pan over medium heat. Watch carefully, tossing frequently so the seeds toast evenly. When light brown and fragrant, pour the seeds onto a plate to cool. They must be cool before grinding, or they will gum up the blades.
- ☐ Pour the seeds into a blender and add the salt. Blend to a fine powder, shaking the blender occasionally to redistribute the seeds. Store in a tightly sealed glass jar in a cool, dry place, or freeze.
- ☐ To make Bloody Bull
- ☐ Combine tomato juice, scallion jalapeno, horseradish, lemon juice, garlic and salt and pepper in a blender. Blend until smooth.
- ☐ Pour in a pitcher and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:15.833478357481%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 104.62kcal (5.23%), Fat: 2.93g (4.51%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 10.93g (3.97%), Sugar: 5.83g (6.47%), Cholesterol: 0mg (0%), Sodium: 3712.92mg (161.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Manganese: 1.41mg (70.4%), Vitamin C: 37.91mg (45.95%), Fiber: 9.23g (36.93%), Iron: 4.72mg (26.23%), Calcium: 235.44mg (23.54%), Magnesium: 90.36mg (22.59%), Potassium: 674.19mg (19.26%), Copper: 0.34mg (16.89%), Vitamin A: 776.3IU (15.53%), Vitamin B6: 0.27mg (13.54%), Phosphorus: 124.43mg (12.44%), Vitamin B3: 2.1mg (10.5%), Vitamin B1: 0.15mg (9.83%), Folate: 34.48µg (8.62%), Vitamin K: 8.37µg (7.97%), Vitamin B2: 0.12mg (7.11%), Zinc: 1.01mg (6.71%), Vitamin B5: 0.41mg (4.11%), Vitamin E: 0.6mg (4.03%), Selenium: 1.39µg (1.99%)