

Bloody Mary



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



167 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 stalks garnishes: celery jalapeños sliced
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 46 ounce sacramento tomato juice canned
- ☐ 1.3 cups vodka

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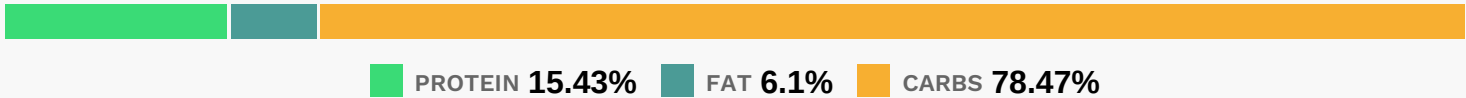
2.5 tablespoons worcestershire sauce

Equipment

Directions

- ☐ Combine ingredients in a pitcher; stir.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:3.85, Inflammation Score:-6, Nutrition Score:10.016956453738%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 167.37kcal (8.37%), Fat: 0.55g (0.85%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 12.33g (4.48%), Sugar: 9.07g (10.08%), Cholesterol: 0mg (0%), Sodium: 509.78mg (22.16%), Alcohol: 14.31g (100%), Alcohol %: 7.29% (100%), Protein: 3.14g (6.29%), Vitamin C: 22.01mg (26.68%), Manganese: 0.37mg (18.63%), Copper: 0.36mg (18.21%), Potassium: 613.82mg (17.54%), Vitamin E: 2.36mg (15.75%), Iron: 2.83mg (15.72%), Fiber: 3.66g (14.65%), Vitamin B6: 0.29mg (14.38%), Vitamin B3: 2.35mg (11.73%), Vitamin K: 11.41µg (10.87%), Vitamin B1: 0.15mg (9.99%), Magnesium: 39.76mg (9.94%), Vitamin A: 416.58IU (8.33%), Calcium: 74.06mg (7.41%), Phosphorus: 67.77mg (6.78%), Folate: 26.52µg (6.63%), Vitamin B2: 0.11mg (6.51%), Vitamin B5: 0.54mg (5.35%), Zinc: 0.54mg (3.58%), Selenium: 1.2µg (1.71%)