

Bloody Mary



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons celery salt
- ☐ 0.3 cup dill pickle juice
- ☐ 1 teaspoon dill weed dried
- ☐ 1 teaspoon garlic salt
- ☐ 1 tablespoon pepper sauce hot
- ☐ 6 cups tomato-vegetable juice cocktail
- ☐ 2 cups vodka

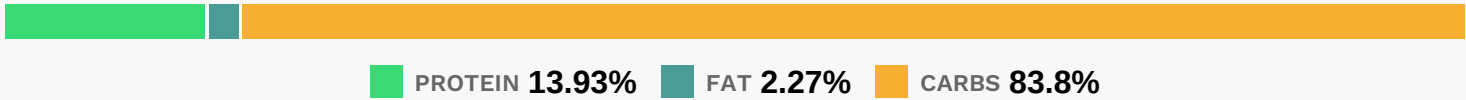
Equipment

☐ blender

Directions

- ☐ In a blender, combine tomato-vegetable juice, vodka, pickle juice and hot sauce. Season with celery salt, dill weed and garlic salt. Blend until smooth.
- ☐ Pour into glasses over ice, and serve.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:6.6382609191148%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 172.89kcal (8.64%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 7.78g (2.83%), Sugar: 6.51g (7.23%), Cholesterol: 0mg (0%), Sodium: 1081.96mg (47.04%), Alcohol: 20.04g (100%), Alcohol %: 9.92% (100%), Protein: 1.42g (2.84%), Vitamin C: 34.63mg (41.98%), Vitamin A: 830.07IU (16.6%), Potassium: 424.61mg (12.13%), Vitamin B6: 0.21mg (10.35%), Folate: 36.55µg (9.14%), Manganese: 0.14mg (6.78%), Vitamin B3: 1.23mg (6.17%), Vitamin B1: 0.09mg (5.98%), Copper: 0.12mg (5.95%), Magnesium: 20.72mg (5.18%), Iron: 0.87mg (4.81%), Vitamin B5: 0.46mg (4.57%), Vitamin K: 4.23µg (4.03%), Vitamin E: 0.59mg (3.9%), Vitamin B2: 0.06mg (3.67%), Phosphorus: 36.66mg (3.67%), Fiber: 0.75g (3%), Calcium: 21.13mg (2.11%), Zinc: 0.28mg (1.88%)