



Bloody Mary



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



126 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 dash pepper black freshly ground
- ☐ 1 stalk celery
- ☐ 0.8 teaspoon horseradish freshly grated
- ☐ 1 cup ice cubes
- ☐ 0.3 teaspoon juice of lemon fresh
- ☐ 1 lemon wedges
- ☐ 3 dashes hot sauce such as tabasco hot
- ☐ 1 pinch salt

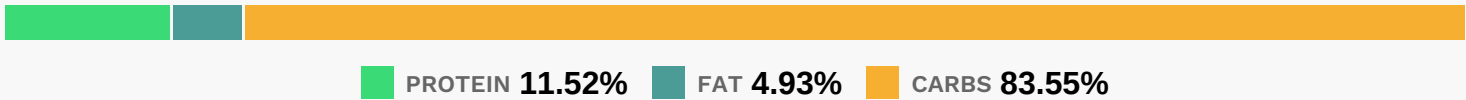
- ☐ 2 ounces sacramento tomato juice
- ☐ 1.5 ounces vodka
- ☐ 1 teaspoon worcestershire sauce

Equipment

Directions

- ☐ In 11-ounce highball glass, stir together tomato juice, vodka, Worcestershire sauce, horseradish, hot sauce, salt, and pepper. Fill glass with ice, then pour mixture into second glass.
- ☐ Pour back and forth 3 to 4 times to mix well, then sprinkle lemon juice over.
- ☐ Garnish with celery stalk and lemon wedge (if using) and serve.

Nutrition Facts



Properties

Glycemic Index:170.83, Glycemic Load:1.27, Inflammation Score:-6, Nutrition Score:5.3000000041464%

Flavonoids

Eriodictyol: 3.91mg, Eriodictyol: 3.91mg, Eriodictyol: 3.91mg, Eriodictyol: 3.91mg Hesperetin: 5.2mg, Hesperetin: 5.2mg, Hesperetin: 5.2mg, Hesperetin: 5.2mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 125.67kcal (6.28%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 5.48g (1.99%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 190.75mg (8.29%), Alcohol: 14.2g (100%), Alcohol %: 4.44% (100%), Protein: 0.97g (1.93%), Vitamin C: 23.58mg (28.58%), Vitamin K: 13.3µg (12.67%), Potassium: 319.39mg (9.13%), Vitamin A: 444.63IU (8.89%), Folate: 30.62µg (7.66%), Fiber: 1.52g (6.1%), Copper: 0.11mg (5.66%), Vitamin B6: 0.11mg (5.55%), Manganese: 0.1mg (5.21%), Iron: 0.78mg (4.35%), Calcium: 42.53mg (4.25%), Magnesium: 16.5mg (4.12%), Vitamin B2: 0.06mg (3.31%), Vitamin B1: 0.05mg (3.29%), Phosphorus: 29.87mg (2.99%), Vitamin B3: 0.59mg (2.94%), Vitamin B5: 0.28mg (2.81%), Vitamin E: 0.32mg

(2.17%), Zinc: 0.22mg (1.44%)