

Bloody Mary



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon brown sugar
- ☐ 0.3 teaspoon ground celery seeds
- ☐ 1 slices lemon and celery sticks fresh
- ☐ 1 tablespoons horseradish prepared
- ☐ 2 teaspoons hot sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 cups sacramento tomato juice

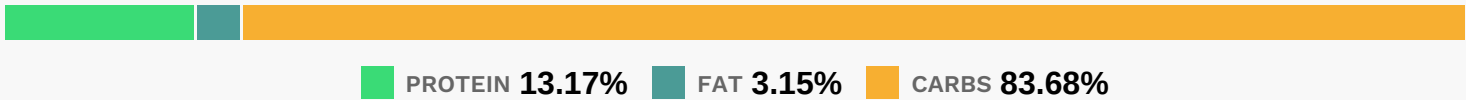
- ☐ 1 cup vodka
- ☐ 2 teaspoons worcestershire sauce

Equipment

Directions

- ☐ Combine first 9 ingredients in a pitcher, stirring to combine.
- ☐ Serve over ice.
- ☐ Garnish with lemon wedges and celery sticks.

Nutrition Facts



Properties

Glycemic Index:14.53, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:3.7730435236641%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 75.45kcal (3.77%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 4.52g (1.65%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 53.26mg (2.32%), Alcohol: 8.02g (100%), Alcohol %: 7.93% (100%), Protein: 0.79g (1.57%), Vitamin C: 20.09mg (24.35%), Vitamin A: 440.6IU (8.81%), Potassium: 242.25mg (6.92%), Vitamin B6: 0.11mg (5.62%), Folate: 21.09µg (5.27%), Manganese: 0.08mg (4.05%), Vitamin B3: 0.68mg (3.38%), Copper: 0.07mg (3.36%), Vitamin B1: 0.05mg (3.27%), Magnesium: 11.81mg (2.95%), Iron: 0.53mg (2.92%), Vitamin B5: 0.25mg (2.5%), Vitamin K: 2.4µg (2.28%), Vitamin E: 0.32mg (2.13%), Vitamin B2: 0.04mg (2.07%), Phosphorus: 20.59mg (2.06%), Fiber: 0.47g (1.88%), Calcium: 13.4mg (1.34%), Zinc: 0.17mg (1.11%)