



Bloody Mary-Balsamic Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



32 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1 teaspoon pepper black
- ☐ 3 cloves garlic
- ☐ 0.5 cup olive oil
- ☐ 3 packets artificial sweetener
- ☐ 1 cup bloody mary mix
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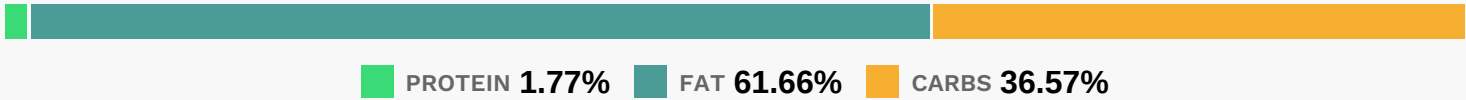
Equipment

blender

Directions

Pour Bloody Mary mix, oil, vinegar, pepper, garlic, and sweetener into a blender. Puree until the garlic is finely minced, and the dressing is thick and smooth. Store in refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:0.51130433445391%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 32.16kcal (1.61%), Fat: 2.17g (3.34%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 3.17mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Manganese: 0.06mg (2.86%), Vitamin E: 0.31mg (2.09%), Vitamin K: 1.64µg (1.56%)