



Bloody Mary Bar



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



218 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.3 cup horseradish prepared
- 1 tablespoon hot sauce
- 10 servings ice cubes
- 0.8 cup juice of lime fresh (6 limes)
- 10 servings vegetables assorted
- 2 teaspoons sea salt
- 8 cups sacramento tomato juice

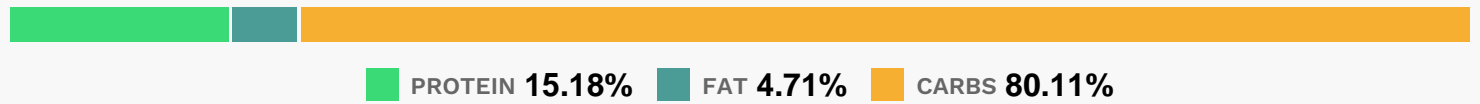
- 2 cups vodka
- 0.3 cup worcestershire sauce

Equipment

Directions

- Stir together tomato juice, vodka, horseradish, Worcestershire sauce, lime juice, hot sauce, sea salt, and pepper.
- Serve over ice with assorted vegetables.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:6.46, Inflammation Score:-10, Nutrition Score:16.291304495024%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 218.25kcal (10.91%), Fat: 0.65g (1%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 20.03g (7.28%), Sugar: 8.8g (9.78%), Cholesterol: 0mg (0%), Sodium: 718.11mg (31.22%), Alcohol: 16.03g (100%), Alcohol %: 4.75% (100%), Protein: 4.71g (9.41%), Vitamin A: 5515.46IU (110.31%), Vitamin C: 54.64mg (66.23%), Potassium: 757.45mg (21.64%), Manganese: 0.4mg (19.94%), Fiber: 4.81g (19.23%), Folate: 72.49µg (18.12%), Vitamin B6: 0.32mg (15.93%), Vitamin B1: 0.22mg (14.47%), Vitamin B3: 2.57mg (12.87%), Iron: 2.27mg (12.61%), Copper: 0.25mg (12.41%), Magnesium: 49.01mg (12.25%), Phosphorus: 102.06mg (10.21%), Vitamin B2: 0.16mg (9.35%), Vitamin B5: 0.67mg (6.68%), Calcium: 61.98mg (6.2%), Zinc: 0.81mg (5.4%), Vitamin K: 5.13µg (4.89%), Vitamin E: 0.67mg (4.49%), Selenium: 1.25µg (1.78%)