



Bloody Mary Bowl



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon horseradish prepared
- ☐ 1 slices rib garnishes: lime
- ☐ 3 tablespoons juice of lime fresh
- ☐ 46 ounce vegetable juice cocktail canned
- ☐ 1 cup vodka
- ☐ 1 tablespoon worcestershire sauce

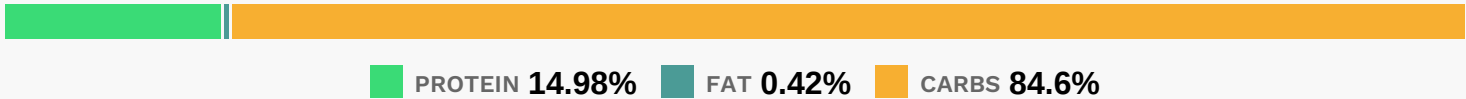
Equipment

- ☐ bowl

Directions

- ☐
- Stir together first 5 ingredients in a large bowl; chill at least 1 hour.
- ☐
- Serve over ice.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.86, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:5.6460869568198%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 122.85kcal (6.14%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 7.34g (2.67%), Sugar: 6.65g (7.39%), Cholesterol: 0mg (0%), Sodium: 363.45mg (15.8%), Alcohol: 11.45g (100%), Alcohol %: 6.26% (100%), Protein: 1.58g (3.16%), Vitamin C: 57.93mg (70.21%), Vitamin A: 1539.04IU (30.78%), Potassium: 392.49mg (11.21%), Fiber: 1.59g (6.36%), Iron: 0.71mg (3.92%), Calcium: 34.56mg (3.46%)