



Bloody Mary Cocktail Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons celery finely minced
- ☐ 2 tablespoons celery leaves minced
- ☐ 0.3 cup chili sauce
- ☐ 4 servings hot sauce
- ☐ 0.5 cup catsup
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon worcestershire sauce

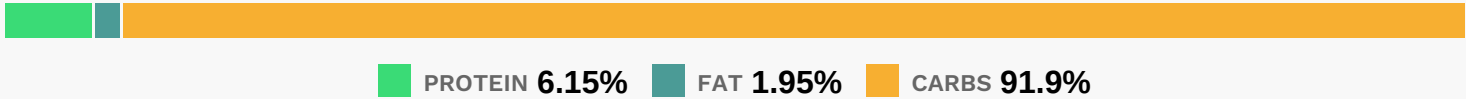
Equipment

☐ bowl

Directions

☐ Combine first 6 ingredients in a small bowl. Season to taste with hot sauce. Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:2.7821738797685%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 49.83kcal (2.49%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 11.9g (4.33%), Sugar: 9.08g (10.09%), Cholesterol: 0mg (0%), Sodium: 522.32mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Vitamin C: 7.39mg (8.96%), Vitamin A: 322.29IU (6.45%), Potassium: 190.92mg (5.45%), Vitamin E: 0.81mg (5.39%), Vitamin K: 5.14µg (4.89%), Vitamin B6: 0.09mg (4.34%), Vitamin B2: 0.07mg (4.14%), Vitamin B3: 0.75mg (3.75%), Fiber: 0.7g (2.82%), Copper: 0.05mg (2.72%), Folate: 9.9µg (2.48%), Manganese: 0.04mg (2.12%), Phosphorus: 20.47mg (2.05%), Magnesium: 7.75mg (1.94%), Iron: 0.31mg (1.73%), Vitamin B1: 0.02mg (1.56%), Calcium: 13.73mg (1.37%)