



Bloody Mary Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



35 kcal

Ingredients

- ☐ 1 teaspoon horseradish
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 18 ounces sacramento tomato juice
- ☐ 0.3 cup vodka

Equipment

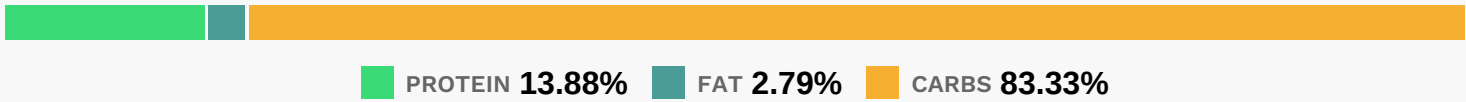
- ☐ sieve
- ☐ blender
- ☐ measuring cup

Directions

- ☐
- Blend all ingredients with 1/2 teaspoon each of salt and pepper in a blender until smooth, then strain through a fine-mesh sieve into a large measuring cup, pressing on and then discarding solids.

☐

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:2.3956521827242%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 35.07kcal (1.75%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.75g (1%), Sugar: 2.42g (2.68%), Cholesterol: 0mg (0%), Sodium: 9.14mg (0.4%), Alcohol: 3.34g (100%), Alcohol %: 5.42% (100%), Protein: 0.51g (1.01%), Vitamin C: 13.28mg (16.1%), Vitamin A: 287.28IU (5.75%), Potassium: 151.57mg (4.33%), Vitamin B6: 0.07mg (3.65%), Folate: 13.86µg (3.47%), Manganese: 0.05mg (2.29%), Vitamin B3: 0.44mg (2.18%), Vitamin B1: 0.03mg (2.1%), Copper: 0.04mg (2.04%), Magnesium: 7.41mg (1.85%), Vitamin B5: 0.17mg (1.65%), Iron: 0.28mg (1.56%), Vitamin E: 0.21mg (1.4%), Vitamin K: 1.48µg (1.4%), Vitamin B2: 0.02mg (1.25%), Phosphorus: 12.48mg (1.25%), Fiber: 0.29g (1.15%)