



## Bloody Mary Marinade

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



7

CALORIES



49 kcal

SEASONING

MARINADE

## Ingredients

- 0.3 teaspoon celery seed
- 2 teaspoons coarse kosher salt
- 1 teaspoon horseradish prepared
- 2 tablespoons juice of lemon fresh
- 1 cup sacremento tomato juice
- 0.5 cup vodka
- 1 tablespoon worcestershire

## Equipment

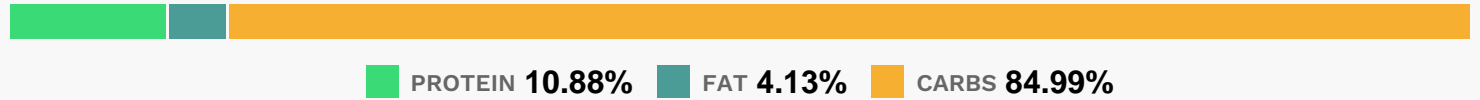
bowl

whisk

## Directions

In a bowl, whisk together tomato juice, vodka, lemon juice, Worcestershire, salt, celery seed, and horseradish.

## Nutrition Facts



## Properties

Glycemic Index:11.62, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:1.5756521510041%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 48.94kcal (2.45%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.64g (1.83%), Cholesterol: 0mg (0%), Sodium: 702.79mg (30.56%), Alcohol: 5.73g (100%), Alcohol %: 11.88% (100%), Protein: 0.3g (0.6%), Vitamin C: 8.52mg (10.32%), Vitamin A: 158.44IU (3.17%), Potassium: 106.4mg (3.04%), Folate: 8.41µg (2.1%), Vitamin B6: 0.04mg (2.08%), Iron: 0.32mg (1.8%), Manganese: 0.03mg (1.64%), Copper: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.35%), Vitamin B3: 0.26mg (1.3%), Magnesium: 4.92mg (1.23%)