

Bloody Mary Mix

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

READY IN



485 min.

SERVINGS



8

CALORIES



35 kcal

SIDE DISH

Ingredients

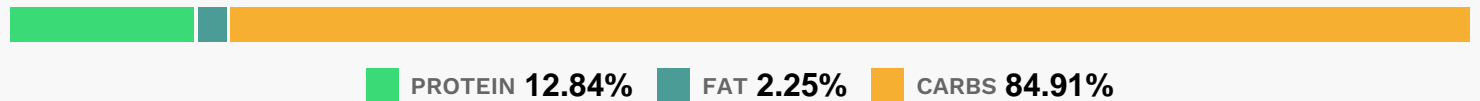
- 1 teaspoon brown sugar
- 0.5 teaspoon celery salt
- 1 teaspoon horseradish prepared
- 1 juice of lemon juiced
- 1 teaspoon pepper sauce hot
- 1 tablespoon steak sauce
- 46 fluid ounce tomato-vegetable juice cocktail
- 1 tablespoon worcestershire sauce

Equipment

Directions

In a large pitcher, combine juice cocktail, lemon juice and brown sugar. Season with Worcestershire sauce, horseradish, hot sauce and celery salt. Cover, and refrigerate 8 to 12 hours to allow flavors to meld.

Nutrition Facts



Properties

Glycemic Index:8.29, Glycemic Load:2.06, Inflammation Score:-6, Nutrition Score:6.3521739477697%

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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 35.4kcal (1.77%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.12g (2.95%), Sugar: 7.09g (7.87%), Cholesterol: 0mg (0%), Sodium: 236.93mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 33.5mg (40.61%), Vitamin A: 773.38IU (15.47%), Potassium: 419.03mg (11.97%), Vitamin B6: 0.19mg (9.69%), Folate: 35.47µg (8.87%), Manganese: 0.12mg (6.22%), Vitamin B3: 1.18mg (5.92%), Copper: 0.11mg (5.65%), Vitamin B1: 0.08mg (5.54%), Magnesium: 19.77mg (4.94%), Iron: 0.88mg (4.9%), Vitamin B5: 0.43mg (4.32%), Vitamin E: 0.57mg (3.83%), Vitamin K: 3.99µg (3.8%), Vitamin B2: 0.06mg (3.39%), Phosphorus: 33.07mg (3.31%), Fiber: 0.74g (2.97%), Calcium: 20.75mg (2.08%), Zinc: 0.27mg (1.82%)