

Bloody Mary Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



64 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon hot sauce
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 1 tablespoon pepper freshly ground
- ☐ 46 oz vegetable juice chilled low-sodium
- ☐ 1 tablespoon worcestershire sauce

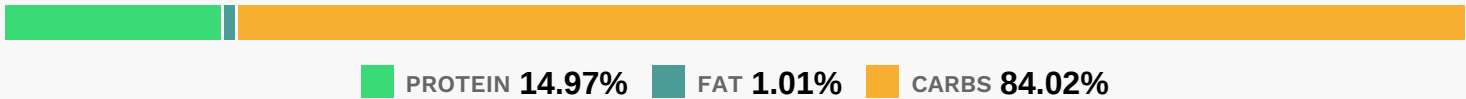
Equipment

- ☐ bowl

Directions

- ☐ Combine vegetable juice, next 5 ingredients, and, if desired, vodka in a punch bowl or a pitcher.
- ☐ Serve over ice in glasses.
- ☐ Serve with celery sticks, if desired.
- ☐ Note: For testing purposes only, we used V8 Low Sodium 100% Vegetable Juice.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.87, Inflammation Score:-9, Nutrition Score:8.6699997724398%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 63.55kcal (3.18%), Fat: 0.07g (0.11%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 10.64g (3.87%), Sugar: 9.12g (10.13%), Cholesterol: 0mg (0%), Sodium: 564.6mg (24.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Vitamin C: 82.31mg (99.77%), Vitamin A: 2169.74IU (43.39%), Potassium: 562.16mg (16.06%), Fiber: 2.46g (9.83%), Manganese: 0.17mg (8.48%), Iron: 1.17mg (6.5%), Calcium: 54.14mg (5.41%), Vitamin K: 3.73µg (3.55%), Copper: 0.03mg (1.38%)