



Bloody Mary Salt

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

READY IN



90 min.

SERVINGS



2

CALORIES



21 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon celery seed
- 2.5 ounces kosher salt
- 0.5 ounce sun-dried olives dry packed in oil (, not)
- 0.3 teaspoon all the tabasco sauce you handle
- 0.3 teaspoon worcestershire sauce

Equipment

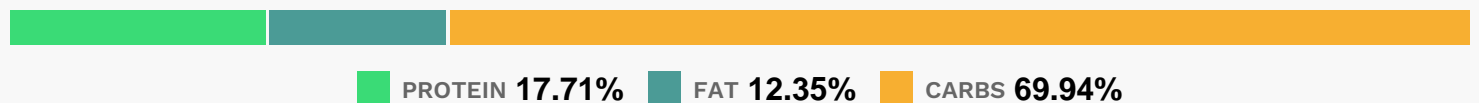
- bowl
- baking sheet

- oven
- whisk
- wire rack

Directions

- Heat the oven to 250°F and arrange a rack in the middle. Very thinly slice the tomatoes and place them in a small bowl.
- Drizzle with the Tabasco and Worcestershire and toss with your hands to combine.
- Place the tomatoes on a baking sheet and spread into a single layer, leaving at least a 1/2-inch space between the slices.
- Bake until they are darkened in color and the surface feels dry to the touch, about 30 minutes.
- Place the baking sheet on a wire rack and let the tomatoes cool completely (they will crisp up as they cool).
- Transfer the tomatoes to a coffee or spice grinder and pulse into small, flaky bits no larger than a sesame seed, about 8 to 10 (1-second) pulses.
- Add the celery seeds and pulse once or twice to combine.
- Transfer the mixture to a medium bowl, scraping out any bits stuck in the grinder.
- Add the salt to the bowl and whisk to combine. Store in an airtight container at room temperature for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:2.842608705325%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg

Nutrients (% of daily need)

Calories: 20.88kcal (1.04%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.75g (3.06%), Cholesterol: 0mg (0%), Sodium: 13765.98mg (598.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Manganese: 0.2mg (10.22%), Potassium: 259.65mg (7.42%), Copper: 0.12mg (5.99%), Iron: 1.03mg (5.71%), Magnesium: 16.43mg (4.11%), Vitamin C: 3.34mg (4.04%), Fiber: 0.93g (3.73%), Vitamin B3: 0.66mg (3.32%), Vitamin K: 3.07µg (2.92%), Phosphorus: 28.47mg (2.85%), Vitamin B1: 0.04mg (2.66%), Calcium: 25.98mg (2.6%), Vitamin B2: 0.04mg (2.21%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.03mg (1.44%), Zinc: 0.21mg (1.42%), Vitamin A: 63.61IU (1.27%), Folate: 4.96µg (1.24%)