



Bloody Mary Vinaigrette



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon celery salt
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 0.5 cup spicy bloody mary mix

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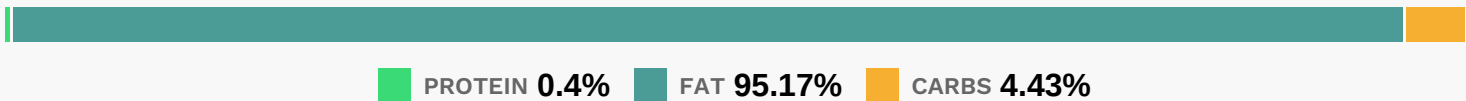
Equipment

☐ whisk

Directions

- ☐ Whisk together Bloody Mary mix, olive oil, lemon juice, horseradish, pepper, hot sauce, celery salt, and Worcestershire sauce.
- ☐ Note: We tested with Zing Zang Bloody Mary
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.3586956618921%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 99.79kcal (4.99%), Fat: 10.85g (16.69%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.46g (0.52%), Cholesterol: 0mg (0%), Sodium: 390.72mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin E: 1.57mg (10.47%), Vitamin K: 7.22µg (6.88%), Vitamin C: 3.75mg (4.54%), Manganese: 0.06mg (2.84%)