

Bloody Miriam



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 small bunch mint leaves fresh
- ☐ 1 teaspoon garam masala
- ☐ 1 teaspoon ground turmeric
- ☐ 1 pickled jalapeño whole
- ☐ 3 tablespoons jalapeno pickling juice
- ☐ 1 cup juice of lemon
- ☐ 1 cup juice of lime
- ☐ 4 servings lime and lemon wedges for garnish

- ☐ 1 teaspoon paprika
- ☐ 4 servings cheese–stuffed olives blue for garnish
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 16 ounces sacramento tomato juice
- ☐ 7 ounces vodka
- ☐ 1.5 tablespoons worcestershire sauce

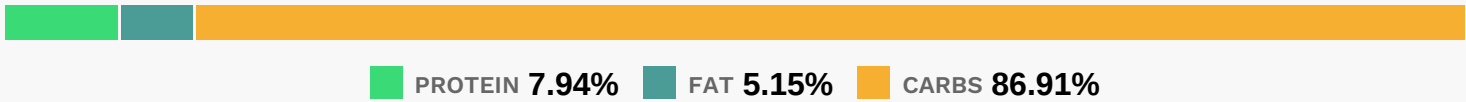
Equipment

- ☐ toothpicks

Directions

- ☐ My most favorite memory of Bloody Marys was when I lived in Chicago; I'd just graduated and I was working at CNN. I felt so independent, so excited about the future in journalism ahead of me. One Sunday morning, I met up with a couple of my friends at a beer garden, where I had one of the best Bloody Marys ever; not only did it come with blue–cheese stuffed olives, but it also came with a shot of Guinness in the bottom. The beer gave it just a hint of bitterness and a nice depth. Now that I can't handle gluten (ugh!), I can't do the beer, but if you can, try it.
- ☐ In a mini–chopper, combine the mint, jalapeno, pickling juice, Worcestershire sauce, turmeric, paprika, garam masala, and salt and pepper, to taste. Whizz until the mint is finely minced and the mixture is as smooth as you can get it.
- ☐ In a pitcher, combine the mint mixture with the lime juice, lemon juice, tomato juice, and vodka. Stir, and pour into 4 ice–filled glasses. Stab 2 or 3 blue cheese olives on a toothpick and let it fall into the glass along with an asparagus spear and pickled jalapeno.
- ☐ Garnish with lime and lemon wedges. Sip, and enjoy the rush that the jalapeno pepper will give you. Your brain will start tingling in the back! Seriously!

Nutrition Facts



Properties

Glycemic Index:49.15, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:9.3930434584618%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Eriodictyol: 4.82mg, Eriodictyol: 4.82mg, Eriodictyol: 4.82mg, Eriodictyol: 4.82mg Hesperetin: 14.63mg, Hesperetin: 14.63mg, Hesperetin: 14.63mg, Hesperetin: 14.63mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 180.22kcal (9.01%), Fat: 0.47g (0.73%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 18g (6%), Net Carbohydrates: 16.47g (5.99%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 115.02mg (5%), Alcohol: 16.57g (100%), Alcohol %: 6.77% (100%), Protein: 1.64g (3.29%), Vitamin C: 68.67mg (83.24%), Vitamin A: 893.6IU (17.87%), Potassium: 499.19mg (14.26%), Folate: 44.23µg (11.06%), Vitamin B6: 0.22mg (10.88%), Manganese: 0.18mg (9.12%), Iron: 1.35mg (7.52%), Vitamin B1: 0.1mg (6.53%), Magnesium: 25.95mg (6.49%), Copper: 0.13mg (6.45%), Fiber: 1.53g (6.13%), Vitamin E: 0.89mg (5.93%), Vitamin B3: 1.1mg (5.51%), Vitamin B5: 0.48mg (4.78%), Vitamin B2: 0.08mg (4.72%), Phosphorus: 45.9mg (4.59%), Vitamin K: 4.44µg (4.23%), Calcium: 37.03mg (3.7%), Zinc: 0.33mg (2.19%)