



Bloody Scary



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon horseradish fresh grated
- ☐ 6 olives green pitted
- ☐ 8 oz heirloom tomatoes ripe chopped
- ☐ 0.5 cup potato vodka such as ice blue
- ☐ 1 juice of lemon
- ☐ 2 long thai chiles

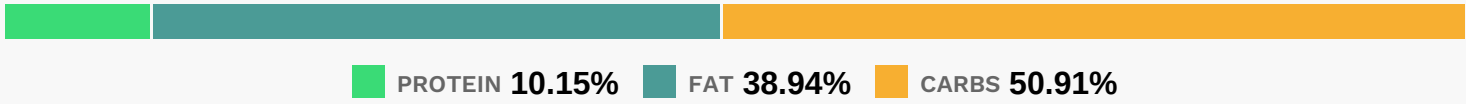
Equipment

- ☐ blender

Directions

- ☐
- Whirl tomato in a blender until smooth. Strain into a cocktail shaker half filled with ice.
- ☐
- Add vodka, horseradish, and lemon juice, and shake to blend. Strain into 2 highball glasses. To garnish each glass, thread 3 olives onto a chile and set over glass.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:5.7973912727574%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 42.31kcal (2.12%), Fat: 2.1g (3.24%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 4.34g (1.58%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 196.19mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin C: 28.62mg (34.69%), Vitamin A: 1028.04IU (20.56%), Vitamin K: 9.56µg (9.1%), Potassium: 299.44mg (8.56%), Vitamin E: 1.11mg (7.42%), Fiber: 1.85g (7.39%), Manganese: 0.14mg (6.91%), Vitamin B6: 0.11mg (5.48%), Folate: 21.06µg (5.26%), Copper: 0.1mg (4.92%), Magnesium: 16.04mg (4.01%), Vitamin B3: 0.74mg (3.72%), Vitamin B1: 0.05mg (3.39%), Phosphorus: 30.28mg (3.03%), Iron: 0.41mg (2.29%), Calcium: 20.79mg (2.08%), Vitamin B2: 0.03mg (1.61%), Zinc: 0.22mg (1.47%), Vitamin B5: 0.13mg (1.25%)