



Bonfire Smoky Mary



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving bell pepper black
- ☐ 0.3 teaspoon adobo sauce from chipotle chiles in adobo canned
- ☐ 1 serving olive green with pimento
- ☐ 1 serving ice cubes
- ☐ 0.3 juice of lemon juiced
- ☐ 1 serving pickled vegetable for garnish like okra, green beans, optional
- ☐ 1 shot pepper vodka (recommended: Absolut Pepper)
- ☐ 0.3 teaspoon worcestershire sauce

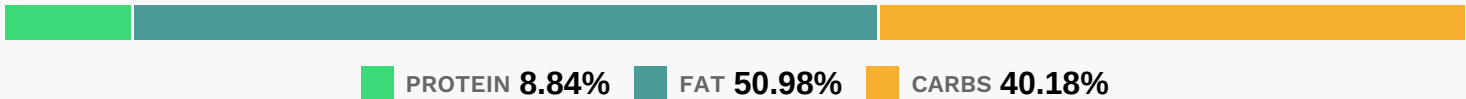
- ☐ 2 shots bloody mary mix
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Equipment

Directions

- ☐ In a cocktail shaker, combine bloody Mary mix, vodka, Worcestershire sauce and adobo sauce. Squeeze lemon into shaker and shake to combine.
- ☐ Pour into a tall glass full of ice.
- ☐ Garnish with black pepper, olives, and a piece of pickled okra or green bean, if desired.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:1.09, Inflammation Score:-5, Nutrition Score:4.8726086668346%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 151.58kcal (7.58%), Fat: 3.2g (4.93%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 3.36g (1.22%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 338.15mg (14.7%), Alcohol: 14.7g (100%), Alcohol %: 10.05% (100%), Protein: 1.25g (2.5%), Vitamin K: 24.11µg (22.96%), Vitamin C: 9.81mg (11.89%), Fiber: 2.32g (9.27%), Vitamin A: 460.34IU (9.21%), Vitamin E: 1mg (6.67%), Manganese: 0.13mg (6.62%), Folate: 20.39µg (5.1%), Iron: 0.79mg (4.41%), Vitamin B6: 0.09mg (4.37%), Magnesium: 17.33mg (4.33%), Potassium: 145.94mg (4.17%), Copper: 0.08mg (4.04%), Vitamin B2: 0.06mg (3.82%), Vitamin B1: 0.05mg (3.63%), Calcium: 34.93mg (3.49%), Phosphorus: 25.56mg (2.56%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.14mg (1.4%), Zinc: 0.15mg (1.02%)