



Breezy Mary

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

READY IN



45 min.

SERVINGS



4

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups clam-tomato juice
- 0.5 teaspoon horseradish
- 0.3 teaspoon hot sauce
- 0.3 cup juice of lemon fresh
- 0.1 teaspoon cracked pepper black
- 1 teaspoon seafood seasoning
- 1.5 cups sacramento tomato juice
- 1 cup pepper-flavored vodka

2 teaspoons worcestershire sauce

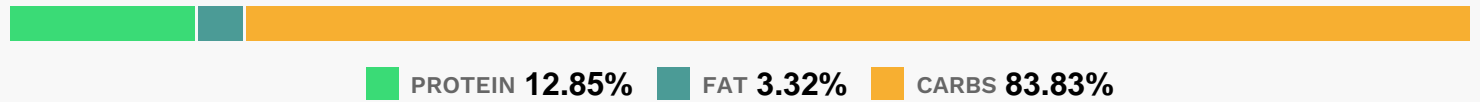
Equipment

Directions

Combine all ingredients.

Serve over ice.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:7.5539131034975%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 177.27kcal (8.86%), Fat: 0.17g (0.27%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.93g (3.25%), Sugar: 7.24g (8.05%), Cholesterol: 0mg (0%), Sodium: 67.36mg (2.93%), Alcohol: 20.04g (100%), Alcohol %: 9.7% (100%), Protein: 1.5g (3%), Vitamin C: 40.05mg (48.54%), Vitamin A: 837.33IU (16.75%), Potassium: 463.81mg (13.25%), Vitamin B6: 0.22mg (10.85%), Folate: 40.81µg (10.2%), Manganese: 0.17mg (8.63%), Vitamin K: 8.37µg (7.97%), Copper: 0.13mg (6.55%), Vitamin B3: 1.28mg (6.4%), Vitamin B1: 0.1mg (6.4%), Iron: 1.15mg (6.37%), Magnesium: 22.76mg (5.69%), Vitamin B5: 0.48mg (4.77%), Vitamin E: 0.62mg (4.11%), Vitamin B2: 0.07mg (4.02%), Phosphorus: 40mg (4%), Fiber: 0.87g (3.47%), Calcium: 27.98mg (2.8%), Zinc: 0.31mg (2.06%)