



## Cajun Bloody Mary

 **Gluten Free**  **Dairy Free**

READY IN



**10 min.**

SERVINGS



**21**

CALORIES



**57 kcal**

BEVERAGE

DRINK

### Ingredients

- 3 tablespoons cajun seasoning blend
- 1 teaspoon celery seeds
- 2 tablespoons horseradish prepared
- 21 servings garnish: lemon wedges and pickled okra
- 0.5 cup juice of lime fresh
- 0.3 cup liquid from jar of pickled okra
- 46 ounce sacramento tomato juice
- 1.5 cups pepper-flavored vodka plain

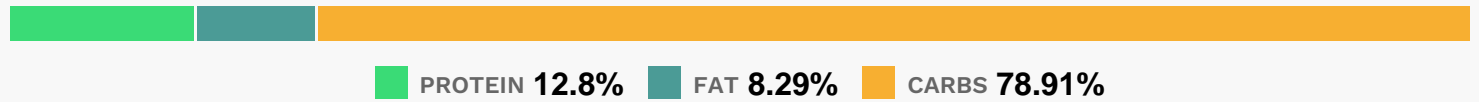
2 tablespoons worcestershire sauce

## Equipment

## Directions

- Stir together ingredients in a large pitcher, and chill.
- Pour into tall glasses.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:7.33, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:3.6482608305371%

## Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 57.41kcal (2.87%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 34.48mg (1.5%), Alcohol: 5.73g (100%), Alcohol %: 7.95% (100%), Protein: 0.71g (1.41%), Vitamin C: 14.49mg (17.56%), Vitamin A: 784.97IU (15.7%), Potassium: 194.66mg (5.56%), Vitamin B6: 0.1mg (4.89%), Manganese: 0.08mg (3.95%), Folate: 15.26µg (3.82%), Iron: 0.63mg (3.52%), Vitamin E: 0.51mg (3.4%), Fiber: 0.74g (2.98%), Vitamin B3: 0.56mg (2.8%), Copper: 0.06mg (2.77%), Magnesium: 10.85mg (2.71%), Vitamin B1: 0.04mg (2.61%), Vitamin K: 2.67µg (2.55%), Vitamin B2: 0.04mg (2.19%), Vitamin B5: 0.19mg (1.94%), Phosphorus: 18.8mg (1.88%), Calcium: 14.76mg (1.48%), Zinc: 0.17mg (1.13%)