



## Classic Bloody Mary

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

BEVERAGE

DRINK

### Ingredients

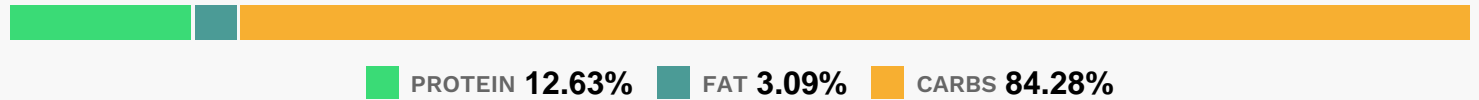
- 1.5 teaspoons horseradish
- 0.3 teaspoon kosher salt
- 6 tablespoons juice of lemon fresh
- 0.3 teaspoon pepper
- 0.3 teaspoon tabasco
- 3 cups sacramento tomato juice
- 6 ounces vodka
- 1.5 teaspoons worcestershire sauce

# Equipment

## Directions

- In a pitcher, mix together the vodka, tomato juice, lemon juice, horseradish, Worcestershire sauce, salt, pepper, and Tabasco.
- Serve with pickled green beans or pickled asparagus spears.

## Nutrition Facts



## Properties

Glycemic Index:18.89, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:4.9430434237356%

## 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: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 91.42kcal (4.57%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 138.65mg (6.03%), Alcohol: 9.47g (100%), Alcohol %: 7.14% (100%), Protein: 1g (2%), Vitamin C: 28.67mg (34.75%), Vitamin A: 549.59IU (10.99%), Potassium: 310.41mg (8.87%), Vitamin B6: 0.14mg (7.16%), Folate: 28.16µg (7.04%), Manganese: 0.1mg (4.97%), Vitamin B3: 0.85mg (4.24%), Vitamin B1: 0.06mg (4.23%), Copper: 0.08mg (4.22%), Magnesium: 14.95mg (3.74%), Iron: 0.63mg (3.51%), Vitamin B5: 0.33mg (3.26%), Vitamin K: 2.97µg (2.82%), Vitamin E: 0.41mg (2.76%), Vitamin B2: 0.04mg (2.61%), Phosphorus: 25.92mg (2.59%), Fiber: 0.59g (2.38%), Calcium: 15.8mg (1.58%), Zinc: 0.2mg (1.36%)