



Curry-Spiced Bloody Marys

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup balsamic vinegar
- 1 teaspoon pepper black freshly ground
- 1 sticks celery (for garnish)
- 2 tablespoons curry powder
- 8 servings ice crushed
- 0.5 cup juice of lemon fresh
- 0.5 cup juice of lime fresh
- 2 teaspoons sea salt fine ()

10 cups sacramento tomato juice organic (preferably)

1.7 cups vodka

Equipment

whisk

Directions

Combine first 6 ingredients in large pitcher.

Whisk in 2 teaspoons sea salt and pepper. Season with more salt, if desired. Cover; chill. DO AHEAD: Can be made 8 hours ahead. Keep chilled.

Whisk before serving.

Fill tall glasses with ice.

Pour in Bloody

Mary mixture.

Garnish with celery sticks.

Per serving: 196.5 kcal calories,

0 % calories from fat,

0 g fat,

0 g saturated fat,

mg cholesterol,

4 g carbohydrates,

4 g total sugars,

7 g net carbohydrates,

Bon Appétit

Nutrition Facts



PROTEIN 12.68% **FAT 4.44%** **CARBS 82.88%**

Properties

Glycemic Index:20.67, Glycemic Load:4.4, Inflammation Score:-8, Nutrition Score:12.816956613375%

Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 187.49kcal (9.37%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 15.78g (5.74%), Sugar: 12.75g (14.17%), Cholesterol: 0mg (0%), Sodium: 619.41mg (26.93%), Alcohol: 16.7g (100%), Alcohol %: 5.27% (100%), Protein: 2.71g (5.43%), Vitamin C: 66.35mg (80.43%), Vitamin A: 1413.96IU (28.28%), Potassium: 778mg (22.23%), Vitamin B6: 0.37mg (18.58%), Folate: 69.46µg (17.37%), Manganese: 0.33mg (16.52%), Copper: 0.22mg (10.84%), Vitamin B3: 2.15mg (10.75%), Vitamin B1: 0.16mg (10.52%), Iron: 1.88mg (10.43%), Magnesium: 41.31mg (10.33%), Vitamin K: 10.45µg (9.95%), Vitamin E: 1.37mg (9.16%), Vitamin B5: 0.81mg (8.14%), Fiber: 1.96g (7.85%), Phosphorus: 68.86mg (6.89%), Vitamin B2: 0.11mg (6.45%), Calcium: 46.23mg (4.62%), Zinc: 0.55mg (3.69%), Selenium: 1.23µg (1.76%)