



Dick's Bloody Mary Mix

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



40

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup concentrated beef base (paste)
- 2 tablespoons celery salt
- 1 cup dill pickle juice
- 2 tablespoons ground pepper black
- 0.5 cup horseradish prepared
- 2 cups orange juice
- 1 tablespoon pepper sauce hot to taste tabasco® (such as)
- 1 cup salsa

5 gallons sacramento tomato juice

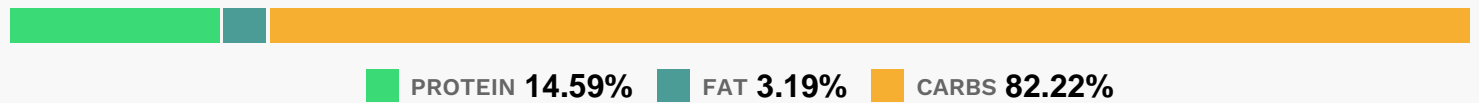
1 cup worcestershire sauce

Equipment

Directions

Stir tomato juice, orange juice, dark beer, dill pickle juice, Worcestershire sauce, salsa, horseradish, beef base, black pepper, celery salt, and hot pepper sauce in a large container until beef base and celery salt have dissolved.

Nutrition Facts



Properties

Glycemic Index:3.76, Glycemic Load:6.47, Inflammation Score:-9, Nutrition Score:17.751304336216%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 102.14kcal (5.11%), Fat: 0.42g (0.65%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 22.33g (8.12%), Sugar: 19.5g (21.66%), Cholesterol: 0.12mg (0.04%), Sodium: 1348.01mg (58.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Vitamin C: 94.8mg (114.91%), Vitamin A: 2192.98IU (43.86%), Potassium: 1203.97mg (34.4%), Vitamin B6: 0.55mg (27.56%), Folate: 101.89µg (25.47%), Manganese: 0.39mg (19.74%), Vitamin B3: 3.47mg (17.34%), Vitamin B1: 0.25mg (16.48%), Copper: 0.32mg (15.91%), Magnesium: 58.11mg (14.53%), Iron: 2.56mg (14.24%), Vitamin B5: 1.24mg (12.36%), Vitamin K: 11.78µg (11.21%), Vitamin E: 1.61mg (10.72%), Phosphorus: 101.58mg (10.16%), Vitamin B2: 0.17mg (10%), Fiber: 2.21g (8.84%), Calcium: 62.88mg (6.29%), Zinc: 0.78mg (5.19%), Selenium: 2.44µg (3.49%)