



## Dilled Bloody Mary

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**40 kcal**

SIDE DISH

### Ingredients

- 1 teaspoon brown sugar
- 0.3 cup celery chopped
- 0.3 teaspoon celery seeds
- 1 tablespoon optional: dill fresh minced
- 2 tablespoons green onions thinly sliced
- 0.5 teaspoon hot sauce
- 0.3 cup juice of lemon fresh
- 0.3 teaspoon salt

- 33 ounce no-salt-added vegetable juice cocktail chilled canned
- 1 teaspoon worcestershire sauce

## Equipment

- blender

## Directions

- Place all ingredients in a blender; process until smooth.
- Pour over ice; garnish with dill, if desired.

## Nutrition Facts

**PROTEIN 14.27%** **FAT 1.38%** **CARBS 84.35%**

## Properties

Glycemic Index:20.33, Glycemic Load:2.28, Inflammation Score:-7, Nutrition Score:5.3352172812042%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 40.1kcal (2.01%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 6.9g (2.51%), Sugar: 6.26g (6.95%), Cholesterol: 0mg (0%), Sodium: 393.72mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin C: 51.09mg (61.92%), Vitamin A: 1335.5IU (26.71%), Potassium: 342.56mg (9.79%), Fiber: 1.43g (5.73%), Vitamin K: 5.8µg (5.53%), Iron: 0.62mg (3.44%), Calcium: 32.56mg (3.26%), Folate: 5.55µg (1.39%)