



Easy Bloody Marys



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



16 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon celery seed
- ☐ 6 dill pickle spears
- ☐ 2 tablespoons dill pickle juice
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.5 cup kosher salt
- ☐ 1 lime fresh cut into wedges

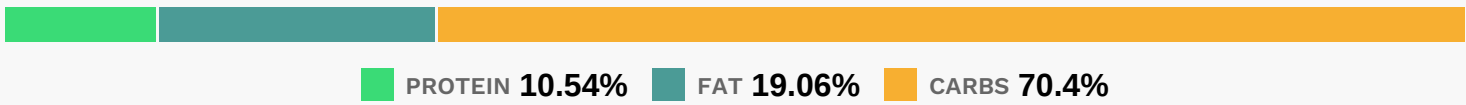
- ☐ 1 teaspoon pepper sauce hot redhot® (such as Frank's)
- ☐ 3 cups bottled bloody mary mix
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Equipment

Directions

- ☐ In a large pitcher, stir together the Bloody Mary mix, horseradish, dill, hot pepper sauce, and dill pickle juice. Taste and adjust seasoning if desired.
- ☐ In a shallow dish, stir together the kosher salt, pepper and celery seed.
- ☐ Pour the lime juice onto a saucer. Dip each glass into the lime juice to coat the rim, then into the spice mixture. Fill each glass with ice.
- ☐ Pour one shot of vodka into each glass if using. Fill with the Bloody Mary mixture.
- ☐ Garnish each glass with a wedge of lime and a dill pickle spear.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:2.6178260614043%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 15.98kcal (0.8%), Fat: 0.42g (0.64%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 10059.2mg (437.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin K: 11.58µg (11.03%), Vitamin C: 5.81mg (7.04%), Manganese: 0.13mg (6.36%), Calcium: 53.48mg (5.35%), Fiber: 1.17g (4.68%), Potassium: 102.47mg (2.93%), Iron: 0.49mg (2.74%), Vitamin A: 128.95IU (2.58%), Vitamin B2: 0.04mg (2.47%), Vitamin B1: 0.04mg (2.39%), Copper: 0.04mg (2.11%), Magnesium: 8.22mg (2.05%), Folate: 7.67µg (1.92%), Vitamin B6: 0.03mg (1.69%),

Phosphorus: 15.62mg (1.56%), Zinc: 0.16mg (1.05%)