



Elizabeth's Heirloom Bloody Mary Mix

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



35

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon celery salt
- 6 lb heirloom tomatoes cored ripe quartered
- 0.5 teaspoon hot sauce
- 0.5 teaspoon pepper freshly ground
- 1 teaspoon salt
- 1 tablespoon worcestershire sauce

Equipment

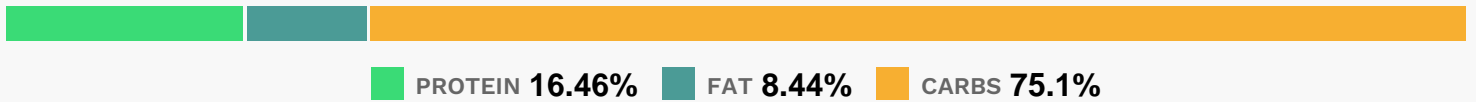
- bowl

- sieve
- potato masher
- wooden spoon
- dutch oven

Directions

- Place tomatoes in a Dutch oven, and mash with a potato masher until chunky. Cook over medium heat, stirring often, 20 to 25 minutes or until peels are wilted and most of juices have been released.
- Press tomatoes through a fine wire-mesh strainer into a medium bowl, pressing with a wooden spoon to squeeze out juices; discard solids. Return tomato juice to Dutch oven, and stir in Worcestershire sauce and remaining ingredients. Bring to a boil over medium heat, and cook, stirring often, 5 minutes.
- Remove from heat, and let cool to room temperature (about 30 minutes).
- Pour into 2 (1-qt.) jars; chill 2 to 4 hours. Store in refrigerator up to 5 days.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:3.0408695732932%

Flavonoids

Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 14.45kcal (0.72%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.2g (0.8%), Sugar: 2.09g (2.33%), Cholesterol: 0mg (0%), Sodium: 144.6mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin C: 10.76mg (13.04%), Vitamin A: 648.36IU (12.97%), Vitamin K: 6.2µg (5.9%), Potassium: 188.66mg (5.39%), Manganese: 0.09mg (4.63%), Fiber: 0.94g (3.76%), Vitamin B6: 0.06mg (3.12%), Folate: 11.71µg (2.93%), Vitamin E: 0.42mg (2.8%), Copper: 0.05mg (2.37%), Vitamin B3: 0.47mg (2.33%), Magnesium: 8.67mg (2.17%), Vitamin B1: 0.03mg (1.94%), Phosphorus: 19mg (1.9%), Iron: 0.24mg (1.33%)