

Fresh Bloody Mary



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



185 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.1 teaspoon celery seed
- ☐ 0.3 cup hendrick's gin
- ☐ 1 serving fresh-ground pepper
- ☐ 1 serving hot sauce to taste
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound similar tomatoes ripe
- ☐ 0.3 teaspoon worcestershire sauce

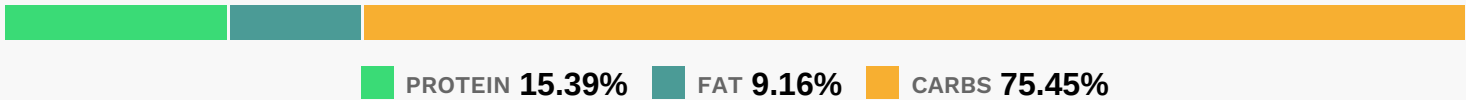
Equipment

- ☐ bowl
- ☐ sieve
- ☐ colander

Directions

- ☐ Cut about 1/2 pound ripe Kellogg's Breakfast or similar tomatoes in half crosswise. Press tomatoes, cut side down, through a colander or a coarse wire sieve set over a bowl to collect juice (you'll need about 3/4 cup); discard skin.
- ☐ Mix the 3/4 cup tomato juice, 1/4 cup gin or vodka, 1 tablespoon fresh lemon juice, 1/4 teaspoon Worcestershire sauce, about 1/4 teaspoon salt (or to taste), a pinch to 1/8 teaspoon celery seed, and hot sauce to taste.
- ☐ Pour into ice-filled glasses.
- ☐ Garnish with a celery stick or green onion.
- ☐ Sprinkle with fresh-ground pepper.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:2.33, Inflammation Score:-9, Nutrition Score:9.5226087913565%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 185.12kcal (9.26%), Fat: 0.56g (0.86%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 7.49g (2.72%), Sugar: 6.5g (7.22%), Cholesterol: 0mg (0%), Sodium: 616.02mg (26.78%), Alcohol:

20.04g (100%), Alcohol %: 8.32% (100%), Protein: 2.1g (4.21%), Vitamin C: 37.19mg (45.08%), Vitamin A: 1892.14IU (37.84%), Vitamin K: 18.1µg (17.24%), Potassium: 570.65mg (16.3%), Manganese: 0.29mg (14.68%), Fiber: 2.82g (11.29%), Vitamin B6: 0.19mg (9.55%), Folate: 37.19µg (9.3%), Vitamin E: 1.25mg (8.35%), Copper: 0.15mg (7.52%), Vitamin B3: 1.38mg (6.9%), Magnesium: 27.33mg (6.83%), Vitamin B1: 0.09mg (6.17%), Phosphorus: 61.07mg (6.11%), Iron: 0.84mg (4.65%), Vitamin B2: 0.05mg (3.09%), Calcium: 30.41mg (3.04%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.22mg (2.23%)