



Fresh Tomato Bloody Marys



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



16

CALORIES



105 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 16 servings caper green
- ☐ 6 rib celery stalks coarsely chopped
- ☐ 2 cups flat parsley coarsely chopped (from 1 large bunch)
- ☐ 2.5 tablespoons horseradish
- ☐ 2 cups rum
- ☐ 2.5 teaspoons juice of lemon fresh
- ☐ 16 servings lemon wedges for rims of glasses
- ☐ 2 tablespoons sea salt divided fine

- ☐ 2.5 teaspoons all the tabasco sauce you handle
- ☐ 6 pounds tomatoes ripe coarsely chopped

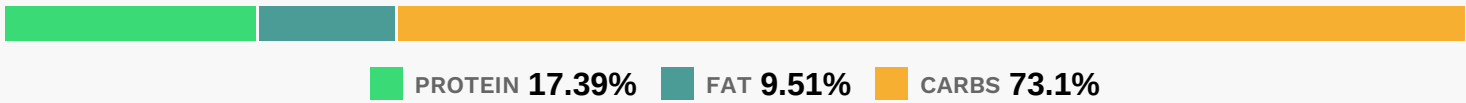
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve

Directions

- ☐ Purée tomatoes, celery, parsley, and 1 tablespoon sea salt in several batches in a food processor until smooth.
- ☐ Transfer to a bowl and chill at least 1 hour. Force through a food mill or medium-mesh sieve into a bowl, discarding solids (you'll have about 10 cups juice).
- ☐ Add horseradish, Tabasco, and lemon juice.
- ☐ Mix remaining tablespoon sea salt and 1 teaspoon finely ground fresh pepper on a small plate. Moisten outside of rim of each glass with lemon wedge, then dip rim in salt and pepper. Fill each glass with ice and 1 ounce (2 tablespoons) vodka, then top with about 2/3 cup juice.
- ☐ Tomato juice, without horseradish, Tabasco, and lemon juice, can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:11.09, Glycemic Load:1.9, Inflammation Score:-9, Nutrition Score:12.402608737997%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 104.79kcal (5.24%), Fat: 0.44g (0.68%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 5.16g (1.87%), Sugar: 4.79g (5.32%), Cholesterol: 0mg (0%), Sodium: 967.13mg (42.05%), Alcohol: 10.02g (100%), Alcohol %: 5.85% (100%), Protein: 1.81g (3.63%), Vitamin K: 137.09µg (130.56%), Vitamin C: 35.26mg (42.74%), Vitamin A: 2054.48IU (41.09%), Potassium: 456.09mg (13.03%), Manganese: 0.22mg (10.96%), Fiber: 2.47g (9.87%), Folate: 39.15µg (9.79%), Vitamin B6: 0.15mg (7.39%), Vitamin E: 1mg (6.65%), Copper: 0.13mg (6.41%), Magnesium: 23.98mg (5.99%), Vitamin B3: 1.14mg (5.7%), Iron: 1mg (5.54%), Vitamin B1: 0.07mg (4.84%), Phosphorus: 47.68mg (4.77%), Calcium: 30.52mg (3.05%), Zinc: 0.41mg (2.74%), Vitamin B2: 0.05mg (2.66%), Vitamin B5: 0.19mg (1.89%)