

Fresh Tomato Bloody Marys



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 rib celery minced
- ☐ 0.5 teaspoon celery salt
- ☐ 1 heirloom tomatoes green such as a zebra minced
- ☐ 1 cup ice cubes
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 2 tablespoons onion minced
- ☐ 0.5 chile red seeded coarsely chopped

- ☐ 4 celery ribs and chiles green for serving thin
- ☐ 4 servings salt
- ☐ 1 teaspoon tomato paste
- ☐ 1.5 pounds tomatoes red chilled coarsely chopped
- ☐ 0.5 cup vodka chilled

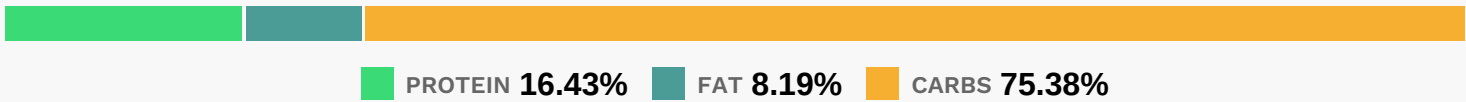
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Prepare the
- ☐ Garnish: In a bowl, toss the celery with the onion, tomato, lemon zest and juice and season with salt. Refrigerate while you make the drinks.
- ☐ Make the Bloody Mary: In a blender, puree the tomatoes, vodka, ice, tomato paste, chile and celery salt; pour into glasses. Spoon the garnish on top, add a celery rib and chile to each glass and serve.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:9.1160869481771%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 111.96kcal (5.6%), Fat: 0.45g (0.69%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 6.58g (2.39%), Sugar: 6.08g (6.75%), Cholesterol: 0mg (0%), Sodium: 513.96mg (22.35%), Alcohol: 10.02g (100%), Alcohol %: 4.11% (100%), Protein: 2.03g (4.06%), Vitamin C: 37.24mg (45.14%), Vitamin A: 1769.99IU (35.4%), Vitamin K: 18.16µg (17.3%), Potassium: 530.42mg (15.15%), Manganese: 0.26mg (12.82%), Fiber: 2.74g (10.97%), Vitamin B6: 0.2mg (10.14%), Folate: 34.45µg (8.61%), Vitamin E: 1.2mg (8.02%), Copper: 0.15mg (7.4%), Vitamin B3: 1.33mg (6.66%), Magnesium: 25.73mg (6.43%), Vitamin B1: 0.08mg (5.63%), Phosphorus: 56.03mg (5.6%), Iron: 0.67mg (3.75%), Vitamin B2: 0.05mg (3.04%), Calcium: 26.85mg (2.68%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.21mg (2.12%)