



Funked Out Bloody Mary

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



272 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings pepper black freshly ground
- 4 celery stalks for garnish
- 4 servings chives whole for garnish
- 2 tablespoons horseradish freshly grated
- 2 tablespoons hot sauce plus more for serving
- 4 cups ice cubes
- 2 tablespoons olive juice whole green for garnish
- 2 tablespoons pickled okra juice whole for garnish

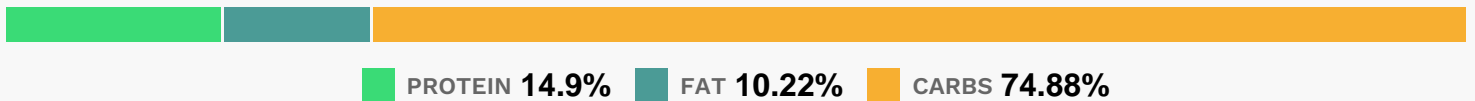
- 1 pinch salt smoked
- 4 cups spicy vegetable juice low-sodium (recommended: V-8)
- 1.5 cups vodka chilled

Equipment

Directions

- Fill a large pitcher with the ice.
- Combine the vegetable juice, horseradish, okra juice, olive juice, hot sauce and vodka. Season with smoked salt and pepper. Fill 4 glasses with the juice.
- Garnish with a dash of hot sauce, 1 celery stick, some green olives, 1 piece of pickled okra and some chives.
- Sprinkle with smoked salt, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:3.8, Inflammation Score:-9, Nutrition Score:9.0134783128034%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 272.39kcal (13.62%), Fat: 0.72g (1.1%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 9.18g (3.34%), Sugar: 8.85g (9.83%), Cholesterol: 0mg (0%), Sodium: 710.54mg (30.89%), Alcohol: 30.06g (100%), Alcohol %: 6.36% (100%), Protein: 2.36g (4.72%), Vitamin C: 80.77mg (97.9%), Vitamin A: 2133.03IU (42.66%), Potassium: 534.25mg (15.26%), Fiber: 2.69g (10.74%), Calcium: 61.65mg (6.16%), Vitamin K: 6.09µg (5.8%), Iron: 0.9mg (4.98%), Manganese: 0.09mg (4.58%), Copper: 0.07mg (3.51%), Folate: 11.73µg (2.93%), Magnesium: 10.4mg (2.6%), Vitamin B6: 0.04mg (1.87%), Vitamin B1: 0.02mg (1.65%), Phosphorus: 13.91mg (1.39%), Vitamin E: 0.19mg (1.3%), Vitamin B2: 0.02mg (1.28%)