



Garden Bloody Mary



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



98 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 medium purple basil leaves plus more for garnish
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives chopped
- ☐ 2 servings ice cubes
- ☐ 0.5 jalapeño chile
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tomatoes ripe quartered

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0.3 cup vodka

Equipment

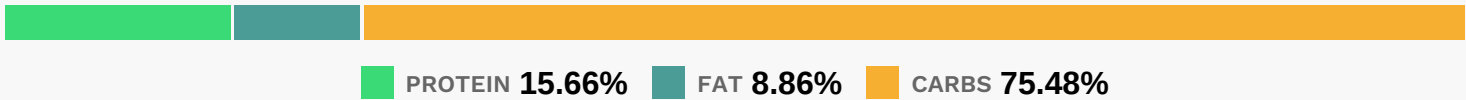
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food processor

Directions

- ☐ Pulse tomatoes in a food processor until coarsely chopped.
- ☐ Add remaining ingredients except ice and whirl until smooth. Strain if you like.
- ☐ Pour into 2 ice-filled glasses and garnish with more basil leaves.

Nutrition Facts



Properties

Glycemic Index:116, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:6.984782571054%

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: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 98.19kcal (4.91%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 4.69g (1.71%), Sugar: 3.82g (4.24%), Cholesterol: 0mg (0%), Sodium: 591.11mg (25.7%), Alcohol: 10.02g (100%), Alcohol %: 5.43% (100%), Protein: 1.35g (2.71%), Vitamin C: 28.77mg (34.87%), Vitamin A: 1259.84IU (25.2%), Vitamin K: 22.55µg (21.48%), Manganese: 0.24mg (11.78%), Potassium: 335.13mg (9.57%), Fiber: 1.84g (7.36%), Folate: 26.45µg (6.61%), Vitamin B6: 0.13mg (6.37%), Vitamin E: 0.83mg (5.55%), Copper: 0.1mg (5.25%), Magnesium: 18.41mg (4.6%), Vitamin B3: 0.82mg (4.13%), Vitamin B1: 0.06mg (3.69%), Phosphorus: 36.33mg (3.63%), Iron: 0.5mg (2.75%), Calcium: 22.76mg (2.28%), Vitamin B2: 0.04mg (2.08%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.16mg (1.59%)