



Gazpacho Bloody Marys



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons celery salt
- ☐ 1 hothouse cucumber english halved quartered
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 4 teaspoons horseradish prepared
- ☐ 8 servings ice cubes
- ☐ 56 ounce tomatoes italian with juice canned (such as San Marzano)
- ☐ 0.5 cup juice of lemon fresh
- ☐ 12 dashes pepper sauce hot

- ☐ 2 cups vodka
- ☐ 4 teaspoons worcestershire sauce

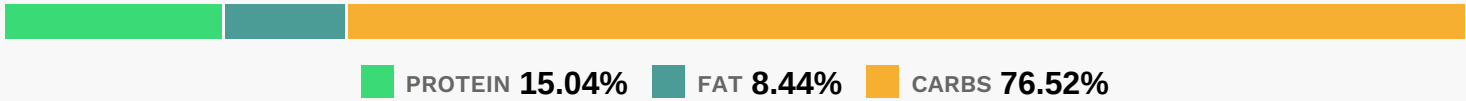
Equipment

- ☐ blender

Directions

- ☐ Working in batches, puree first 8 ingredients in blender until smooth.
- ☐ Transfer Bloody Mary mix to large pitcher; season with pepper. Chill until cold, at least 1 hour.
- ☐ For each drink, fill 8-ounce highball glass with ice cubes; pour 1/4 cup vodka over.
- ☐ Add Bloody Mary mix; garnish with cucumber spear.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:2.18, Inflammation Score:-8, Nutrition Score:9.2782609028661%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 185.72kcal (9.29%), Fat: 0.51g (0.79%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 7.67g (2.79%), Sugar: 6.62g (7.36%), Cholesterol: 0mg (0%), Sodium: 649.11mg (28.22%), Alcohol: 20.04g (100%), Alcohol %: 6.78% (100%), Protein: 2.05g (4.11%), Vitamin C: 35.44mg (42.96%), Vitamin A: 1690.39IU (33.81%), Vitamin K: 18.75µg (17.86%), Potassium: 568.63mg (16.25%), Manganese: 0.26mg (13.03%), Fiber: 2.78g (11.1%), Folate: 39.8µg (9.95%), Vitamin B6: 0.19mg (9.36%), Copper: 0.17mg (8.46%), Vitamin E: 1.11mg (7.41%), Magnesium: 28.92mg (7.23%), Vitamin B1: 0.09mg (6.28%), Phosphorus: 62.36mg (6.24%), Vitamin B3: 1.24mg (6.19%), Iron: 0.81mg (4.52%), Vitamin B2: 0.06mg (3.43%), Calcium: 32.74mg (3.27%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.29mg (2.9%)