



Green Tomato Bloody Mary



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



25 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon celery salt
- ☐ 0.5 cup herbs fresh assorted loosely packed
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons hot sauce green
- ☐ 2 green onions
- ☐ 1.5 lb tomatoes green cored quartered
- ☐ 3 tablespoons juice of lime
- ☐ 1 slices garnishes: pickled okra halved

- ☐ 0.5 teaspoon salt
- ☐ 15 oz tomatillos fresh cored
- ☐ 0.8 cup vodka

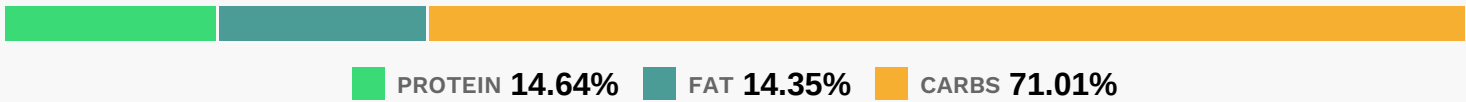
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Cook first 2 ingredients in boiling salted water to cover 3 minutes; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Process tomatoes, tomatillos, green onions, and next 7 ingredients in a blender until smooth.
- ☐ Pour mixture through a fine wire-mesh strainer into a pitcher, discarding solids.
- ☐ Serve over ice.
- ☐ Garnish, if desired.
- ☐ *Tequila may be substituted.
- ☐ Note: We tested with Tabasco Green Pepper Sauce.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:2.7413043846255%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 24.91kcal (1.25%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.53g (1.71%), Cholesterol: 0mg (0%), Sodium: 154.52mg (6.72%), Alcohol: 2g (100%), Alcohol %: 5.3% (100%), Protein: 0.47g (0.95%), Vitamin K: 21.83µg (20.79%), Vitamin C: 9.91mg (12.01%), Vitamin A: 257.08IU (5.14%), Potassium: 96.21mg (2.75%), Manganese: 0.05mg (2.52%), Fiber: 0.59g (2.34%), Vitamin B3: 0.4mg (2%), Copper: 0.04mg (1.78%), Iron: 0.29mg (1.6%), Vitamin B6: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.5%), Magnesium: 5.99mg (1.5%), Vitamin B5: 0.14mg (1.43%), Phosphorus: 13.58mg (1.36%), Folate: 5.32µg (1.33%), Vitamin E: 0.16mg (1.05%), Vitamin B2: 0.02mg (1.03%)