






 **72%**  
HEALTH SCORE

# Heirloom Tomato Bloody Mary Mix

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN  
  
**20 min.**

SERVINGS  
  
**2**

CALORIES  
  
**174 kcal**

SIDE DISH

## Ingredients

- 1 teaspoon pepper black
- 0.5 teaspoon celery salt
- 1 teaspoon horseradish fresh grated
- 0.5 teaspoon hot sauce (such as Frank's)
- 1 juice of lemon juiced
- 1 juice of lime juiced
- 0.5 teaspoon kosher salt
- 4 pounds tomatoes ripe

0.5 teaspoon worcestershire sauce

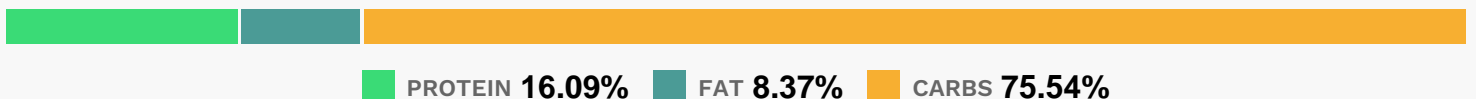
## Equipment

- bowl
- ladle
- whisk
- sieve
- blender
- colander

## Directions

- Roughly chop tomatoes into 1 1/2-inch chunks and transfer to a colander set in a large bowl, along with any juices.
- Add salt and toss to combine.
- Let sit for 30 minutes at room temperature. You should end up with about 2 cups juice underneath.
- Working in batches as necessary, transfer tomatoes to a blender and blend on high speed until smooth, about 2 minutes.
- Transfer puree to a fine mesh strainer and press puree through with the bottom of a ladle into the bowl with the tomato juice. Discard solids. When all tomato is pureed and strained, whisk together puree and juice and transfer to a large pitcher or covered container.
- Add horseradish, lemon, lime, horseradish, celery salt, hot sauce, Worcestershire sauce, and black pepper and whisk to combine.
- Serve in a glass over ice with vodka, Aquavit, tequila, or gin.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:9.4, Inflammation Score:-10, Nutrition Score:31.453043683715%

## Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 3.52mg, Hesperetin: 3.52mg, Hesperetin: 3.52mg, Hesperetin: 3.52mg Naringenin: 6.43mg, Naringenin: 6.43mg, Naringenin: 6.43mg, Naringenin: 6.43mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

## **Nutrients (% of daily need)**

Calories: 174.12kcal (8.71%), Fat: 1.9g (2.92%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 27.29g (9.92%), Sugar: 24.66g (27.4%), Cholesterol: 0mg (0%), Sodium: 1254.68mg (54.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Vitamin C: 135.53mg (164.28%), Vitamin A: 7573.52IU (151.47%), Vitamin K: 73.43µg (69.94%), Potassium: 2210mg (63.14%), Manganese: 1.17mg (58.49%), Fiber: 11.25g (44.99%), Vitamin B6: 0.74mg (37.14%), Folate: 140.93µg (35.23%), Vitamin E: 4.97mg (33.11%), Copper: 0.56mg (27.96%), Vitamin B3: 5.45mg (27.24%), Magnesium: 103.88mg (25.97%), Vitamin B1: 0.35mg (23.03%), Phosphorus: 223.61mg (22.36%), Iron: 2.67mg (14.81%), Vitamin B2: 0.18mg (10.67%), Zinc: 1.58mg (10.54%), Calcium: 100.55mg (10.06%), Vitamin B5: 0.86mg (8.61%)