



Homemade Bloody Mary Mix

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



12

CALORIES



49 kcal

SIDE DISH

Ingredients

- 1 pinch garlic powder
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground pepper black
- 2 teaspoons horseradish prepared
- 3 tablespoons pickled jalapeno pepper juice
- 0.3 cup juice of lime
- 0.1 teaspoon onion powder
- 0.3 teaspoon salt

- 46 fluid ounce sacramento tomato juice canned
- 3 tablespoons vinegar
- 2 tablespoons sugar white
- 1.5 tablespoons worcestershire sauce

Equipment

Directions

- Stir tomato juice, lime juice, pickled jalapeno pepper juice, vinegar, white sugar, Worcestershire sauce, horseradish, salt, pepper, cloves, onion powder, and garlic powder in a 2-quart pitcher.

Nutrition Facts



PROTEIN 13.59% **FAT 5.6%** **CARBS 80.81%**

Properties

Glycemic Index:21.84, Glycemic Load:3.79, Inflammation Score:-4, Nutrition Score:6.3956521023875%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 49.39kcal (2.47%), Fat: 0.35g (0.54%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 9.17g (3.33%), Sugar: 7.51g (8.34%), Cholesterol: 0mg (0%), Sodium: 229.65mg (9.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin C: 16.88mg (20.46%), Manganese: 0.25mg (12.31%), Copper: 0.22mg (10.83%), Potassium: 367.78mg (10.51%), Vitamin E: 1.57mg (10.45%), Vitamin B6: 0.19mg (9.44%), Fiber: 2.33g (9.34%), Iron: 1.62mg (8.98%), Vitamin B3: 1.46mg (7.3%), Vitamin K: 6.89µg (6.56%), Magnesium: 24.39mg (6.1%), Vitamin B1: 0.09mg (5.97%), Vitamin A: 288.64IU (5.77%), Calcium: 43.26mg (4.33%), Folate: 16.93µg (4.23%), Phosphorus: 39.86mg (3.99%), Vitamin B2: 0.07mg (3.87%), Vitamin B5: 0.33mg (3.35%), Zinc: 0.33mg (2.2%), Selenium: 0.78µg (1.11%)