



Jealous Marys



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery chopped
- ☐ 2 large cucumber seedless peeled coarsely chopped (usually plastic-wrapped; 2 lb total)
- ☐ 1 tablespoon horseradish drained
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon salt
- ☐ 0.1 teaspoon all the tabasco sauce you handle green
- ☐ 6 fluid ounces vodka

☐

0.5 teaspoon worcestershire sauce

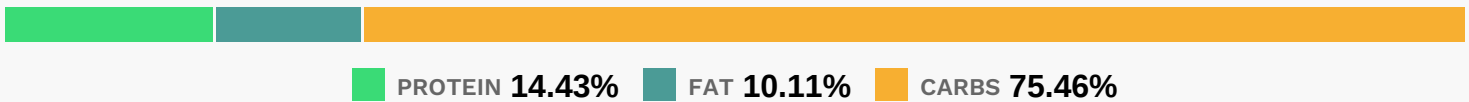
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Purée all ingredients in a blender until very smooth, about 1 minute. Force through a fine-mesh sieve set into a bowl, discarding solids. (You will have about 3 3/4 cups liquid.)
- ☐ Serve drinks over ice in small glasses.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:2.9086956550246%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 85.47kcal (4.27%), Fat: 0.22g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.7g (0.98%), Sugar: 1.99g (2.22%), Cholesterol: 0mg (0%), Sodium: 415.83mg (18.08%), Alcohol: 9.88g (100%), Alcohol %: 8.4% (100%), Protein: 0.69g (1.39%), Vitamin C: 9.24mg (11.2%), Vitamin K: 9.36µg (8.92%), Folate: 20.29µg (5.07%), Potassium: 174.53mg (4.99%), Manganese: 0.09mg (4.66%), Copper: 0.08mg (3.91%), Fiber: 0.93g (3.73%), Magnesium: 13.84mg (3.46%), Vitamin B6: 0.06mg (3.11%), Vitamin B5: 0.27mg (2.66%), Phosphorus: 25.4mg (2.54%), Vitamin B1: 0.04mg (2.41%), Vitamin A: 106.84IU (2.14%), Vitamin B2: 0.03mg (1.98%), Calcium: 19.8mg (1.98%), Iron: 0.28mg (1.58%), Zinc: 0.2mg (1.33%)