



Kane's Bloody Mary



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pinch of celery salt
- ☐ 1 teaspoon basil fresh chopped
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 1.5 tsp hot sauce green
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 2 servings garnishes: pickled okra
- ☐ 2 servings pepper freshly ground to taste

- ☐ 1 pinch sea salt
- ☐ 1.3 cups sacramento tomato juice
- ☐ 0.5 cup vodka
- ☐ 1 teaspoon worcestershire sauce

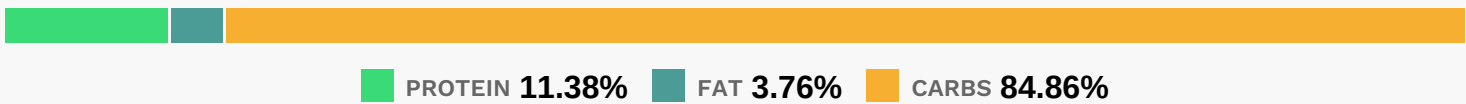
Equipment

- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Combine first 3 ingredients in a cocktail shaker. Press leaves against bottom of cup using a muddler or wooden spoon to release flavors; stir in tomato juice and next 7 ingredients.
- ☐ Transfer half of mixture to a 2-cup glass measuring cup.
- ☐ Place ice in cocktail shaker, filling halfway full. Cover with lid, and shake vigorously until thoroughly chilled. Strain into a glass over ice. Repeat procedure with remaining tomato mixture.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Tabasco Green Pepper Sauce.

Nutrition Facts



Properties

Glycemic Index:125.42, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:7.6999999828961%

Flavonoids

Eriodictyol: 2.41mg, Eriodictyol: 2.41mg, Eriodictyol: 2.41mg, Eriodictyol: 2.41mg Hesperetin: 6.79mg, Hesperetin: 6.79mg, Hesperetin: 6.79mg, Hesperetin: 6.79mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 179.46kcal (8.97%), Fat: 0.21g (0.33%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 9.93g (3.61%), Sugar: 7.28g (8.09%), Cholesterol: 0mg (0%), Sodium: 190.24mg (8.27%), Alcohol: 20.04g (100%), Alcohol %: 9.22% (100%), Protein: 1.45g (2.89%), Vitamin C: 50.99mg (61.8%), Vitamin A: 768.45IU (15.37%), Potassium: 451.72mg (12.91%), Folate: 42.57µg (10.64%), Vitamin B6: 0.21mg (10.41%), Manganese: 0.14mg (6.82%), Vitamin B1: 0.09mg (6.29%), Copper: 0.12mg (6.09%), Vitamin B3: 1.17mg (5.84%), Magnesium: 21.6mg (5.4%), Iron: 0.94mg (5.23%), Vitamin K: 5.43µg (5.17%), Vitamin B5: 0.47mg (4.73%), Vitamin B2: 0.07mg (4.06%), Vitamin E: 0.6mg (3.99%), Phosphorus: 38.62mg (3.86%), Fiber: 0.86g (3.45%), Calcium: 23.71mg (2.37%), Zinc: 0.28mg (1.87%)