



HEALTH SCORE

61%

Michael's Bloody Maria



Gluten Free



Dairy Free



Very Healthy

READY IN



270 min.

SERVINGS



8

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 8 servings bell pepper black
- ☐ 1 bulb fennel white
- ☐ 4 basil leaves fresh
- ☐ 2 to 3 jalapeno chilis
- ☐ 3 jalapeño peppers
- ☐ 6 to 8 jalapenos whole red
- ☐ 0.5 optional: lemon
- ☐ 1 optional: lemon halved

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.5 cup favorite spice rub
- ☐ 3 pounds tomatoes cored (heirloom if possible)
- ☐ 8 servings lemon vodka
- ☐ 1 quart water fresh cold
- ☐ 3 tablespoons worcestershire sauce

Equipment

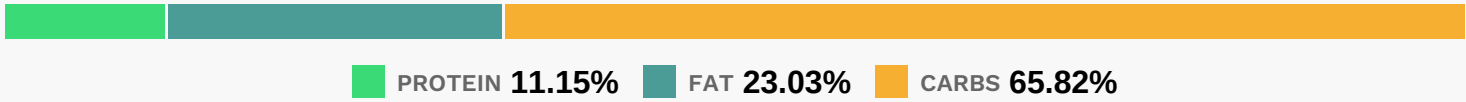
- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Place tomatoes, jalapenos, and fennel in a bowl. Season liberally with pepper, salt and the Worcestershire sauce. Coat with olive oil, tossing lightly. Put a few of the tomatoes in the blender and liquefy – this will make it easier to puree the rest of the solids.
- ☐ Add the fennel/tomato/jalapeno mixture to a blender and puree until liquefied. Store in refrigerator up to 6 hours until chilled.
- ☐ Hint: If you can find them, heirloom tomatoes can really boost the flavor of this drink. Heirloom tomatoes are typically varieties that were grown over 50 years ago, before tomatoes were bred for ease of picking and distribution. Heirlooms tend to be a little more acidic than modern commercial tomatoes, and often the fresh tomato flavor is more pronounced.
- ☐ Assembling the cocktail: Rub a cut lemon around the rim of a chilled martini glass. Dip the glass, upside down, in salt or your favorite spice rub. Slice the tip of a red jalapeno pepper vertically and slip over the rim.
- ☐ Place 1 or 2 of the jalapeno ice cubes in each glass, pour chilled bloody maria mixture on top, and top each glass with 1 ounce of lemon vodka. Stir carefully and serve.
- ☐ Hint: If you don't have lemon vodka, use regular vodka and squeeze a little lemon juice in each glass.

- ☐
- Remove the tops and stems of the jalapenos and slice.
- ☐
- Place the water in a blender and add the jalapenos, seeds and all.
- ☐
- Add the lemon to the blender, peel and all.
- ☐
- Add the basil, a pinch of salt, and some ground black pepper, to taste. Puree in the blender until everything is incorporated. Strain through a sieve and pour into ice cube trays and freeze overnight until solid.

Nutrition Facts



Properties

Glycemic Index:50.31, Glycemic Load:3.22, Inflammation Score:-9, Nutrition Score:16.511738937834%

Flavonoids

Eriodictyol: 6.14mg, Eriodictyol: 6.14mg, Eriodictyol: 6.14mg, Eriodictyol: 6.14mg Hesperetin: 7.6mg, Hesperetin: 7.6mg, Hesperetin: 7.6mg, Hesperetin: 7.6mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 88.68kcal (4.43%), Fat: 2.65g (4.07%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 12.35g (4.49%), Sugar: 8g (8.88%), Cholesterol: 0mg (0%), Sodium: 309.31mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 68.11mg (82.56%), Vitamin K: 72.41µg (68.96%), Vitamin A: 1788.21IU (35.76%), Manganese: 0.61mg (30.72%), Potassium: 701.57mg (20.04%), Fiber: 4.66g (18.65%), Iron: 2.89mg (16.03%), Vitamin B6: 0.32mg (16%), Vitamin E: 1.83mg (12.22%), Folate: 47.9µg (11.98%), Copper: 0.22mg (10.97%), Magnesium: 41.88mg (10.47%), Calcium: 96.27mg (9.63%), Vitamin B3: 1.65mg (8.23%), Phosphorus: 78.33mg (7.83%), Vitamin B1: 0.1mg (6.94%), Vitamin B2: 0.08mg (4.67%), Zinc: 0.57mg (3.8%), Vitamin B5: 0.32mg (3.23%), Selenium: 0.76µg (1.08%)