



## North End Grill's Bloody Bull



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

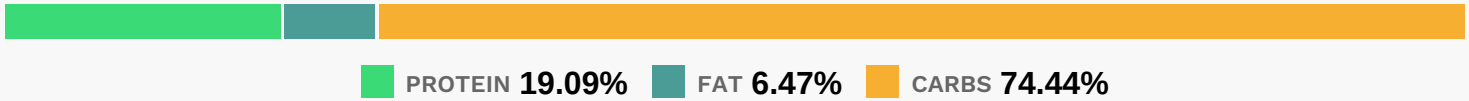
- ☐ 1 cup beef stock
- ☐ 4 tablespoons juice of lemon fresh
- ☐ 8 pasilla peppers
- ☐ 1 cup vodka
- ☐ 16 ounces frangelico
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### Equipment

# Directions

- ☐ Combine bloody mary mix, beef stock vodka, and lemon juice in a pitcher filled with ice. Stir until well chilled.
- ☐ Serve in individual ice-filled glasses, garnished with shishito peppers.

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:12.532608643822%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 11.21mg, Luteolin: 11.21mg, Luteolin: 11.21mg, Luteolin: 11.21mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

## Nutrients (% of daily need)

Calories: 197.3kcal (9.86%), Fat: 0.49g (0.76%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 8.71g (3.17%), Sugar: 6.41g (7.13%), Cholesterol: 0mg (0%), Sodium: 126.69mg (5.51%), Alcohol: 20.04g (100%), Alcohol %: 6.81% (100%), Protein: 3.28g (6.56%), Vitamin C: 197.16mg (238.98%), Vitamin B6: 0.57mg (28.65%), Vitamin A: 881.5IU (17.63%), Vitamin K: 17.67µg (16.83%), Fiber: 4.09g (16.36%), Potassium: 543.55mg (15.53%), Manganese: 0.29mg (14.61%), Vitamin B1: 0.16mg (10.8%), Copper: 0.2mg (9.77%), Vitamin B3: 1.68mg (8.4%), Vitamin B2: 0.13mg (7.51%), Magnesium: 28.9mg (7.22%), Phosphorus: 70.4mg (7.04%), Folate: 28µg (7%), Vitamin E: 0.91mg (6.06%), Iron: 0.99mg (5.5%), Calcium: 29.5mg (2.95%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.26mg (2.55%), Selenium: 0.74µg (1.05%)