



North End Grill's Bloody Mary Mix



Gluten Free



Dairy Free



Low Fod Map

READY IN



240 min.

SERVINGS



3

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 56 ounce canned tomatoes whole peeled canned (see note above)
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons horseradish freshly grated
- ☐ 3 teaspoons hot sauce
- ☐ 3 servings pepper black freshly ground
- ☐ 0.5 cup juice of lemon fresh
- ☐ 6 tablespoons juice of lime fresh
- ☐ 5 tablespoons worcestershire sauce

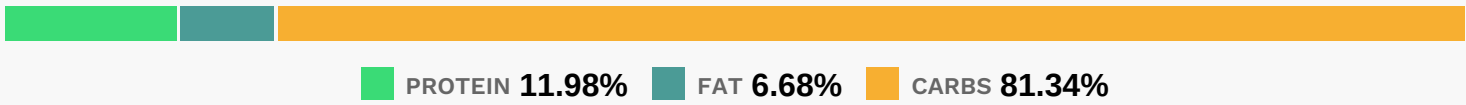
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place tomatoes and their juice in a medium saucepan. Bring to a simmer over medium heat, then reduce heat to low. Cover partially with a lid and cook, stirring occasionally, until reduced by about 1/3, about 4 hours.
- ☐ Add horseradish, then transfer to a blender and puree until smooth.
- ☐ Let cool.
- ☐ Combine tomato base with lemon juice, lime juice, Worcestershire, Dijon, and hot sauce. Season to taste with salt and lots of black pepper. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:21.158695780713%

Flavonoids

Eriodictyol: 2.64mg, Eriodictyol: 2.64mg, Eriodictyol: 2.64mg, Eriodictyol: 2.64mg Hesperetin: 8.58mg, Hesperetin: 8.58mg, Hesperetin: 8.58mg, Hesperetin: 8.58mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 139.82kcal (6.99%), Fat: 1.23g (1.89%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 33.73g (11.24%), Net Carbohydrates: 27.4g (9.96%), Sugar: 17.95g (19.95%), Cholesterol: 0mg (0%), Sodium: 1383.82mg (60.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin C: 83.16mg (100.8%), Iron: 6.92mg (38.47%), Potassium: 1345.22mg (38.43%), Vitamin B6: 0.64mg (31.91%), Fiber: 6.33g (25.32%), Vitamin E: 3.79mg (25.27%), Manganese: 0.49mg (24.34%), Copper: 0.45mg (22.6%), Calcium: 213.67mg (21.37%), Vitamin B3: 4.15mg (20.76%), Vitamin B2: 0.35mg (20.64%), Vitamin B1: 0.3mg (19.77%), Magnesium: 74.61mg (18.65%), Folate: 62.39µg

(15.6%), Vitamin K: 16.35µg (15.57%), Phosphorus: 139.5mg (13.95%), Vitamin A: 673.3IU (13.47%), Vitamin B5: 0.76mg (7.6%), Zinc: 0.99mg (6.61%), Selenium: 4.43µg (6.32%)