

One Minute Mary

 **Gluten Free**  **Dairy Free**

READY IN



1 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- 4 rib celery heart
- 2 tablespoons optional: dill fresh chopped
- 1 tablespoon horseradish prepared
- 4 servings hot sauce
- 1 juice of lime juiced
- 1 quart sacramento tomato juice
- 8 dashes worcestershire sauce

Equipment

Directions

Combine all ingredients in a pitcher and stir until thoroughly mixed. Reserve in refrigerator until ready to serve. To serve pour over ice and garnish with celery rib.

Nutrition Facts

PROTEIN 14.08% **FAT 3.23%** **CARBS 82.69%**

Properties

Glycemic Index:28.33, Glycemic Load:3.13, Inflammation Score:-8, Nutrition Score:10.539130537406%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 51.13kcal (2.56%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 10.93g (3.97%), Sugar: 9.59g (10.65%), Cholesterol: 0mg (0%), Sodium: 100.32mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Vitamin C: 48.22mg (58.45%), Vitamin A: 1265.25IU (25.31%), Potassium: 681.41mg (19.47%), Vitamin K: 17.28µg (16.45%), Folate: 65.07µg (16.27%), Vitamin B6: 0.3mg (14.92%), Manganese: 0.22mg (10.77%), Vitamin B3: 1.76mg (8.81%), Copper: 0.17mg (8.34%), Vitamin B1: 0.12mg (8.22%), Magnesium: 32.41mg (8.1%), Vitamin B5: 0.7mg (7.03%), Fiber: 1.74g (6.98%), Iron: 1.24mg (6.89%), Vitamin B2: 0.1mg (5.97%), Vitamin E: 0.88mg (5.89%), Phosphorus: 55.74mg (5.57%), Calcium: 45.37mg (4.54%), Zinc: 0.45mg (3%), Selenium: 0.99µg (1.42%)