



Our Signature Bloody Mary

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients

- 2 teaspoons beef base
- 0.5 teaspoon celery salt
- 0.5 cup horseradish
- 1 tablespoon hot sauce
- 0.3 cup juice of lemon fresh
- 4 ounce sun-dried tomatoes
- 46 ounce vegetable juice divided
- 1.5 cups vodka chilled

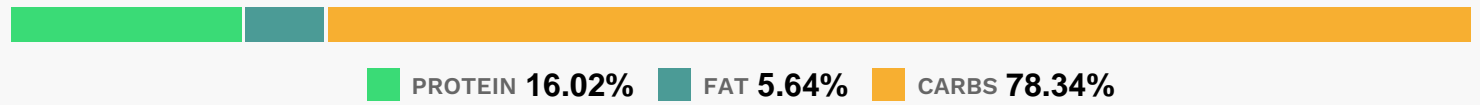
- 2 tablespoons worcestershire sauce
- 32 ounces clamato
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Equipment

Directions

- Process sun-dried tomatoes and 1/3 cup vegetable juice in a processor until tomatoes are finely chopped and mixture is almost smooth.
- Transfer to a pitcher, and stir in remaining vegetable juice, Clamato, horseradish, fresh lemon juice, Worcestershire sauce, hot sauce, celery salt, and beef base.** Chill thoroughly. Stir in chilled vodka.
- *If salt is a concern, use low-sodium vegetable juice and add beef base to taste.
- **Beef base is paste-type bouillon concentrate that adds a rich flavor to these drinks. We like Better Than Bouillon brand. Look for organic versions, too.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:6.13, Inflammation Score:-9, Nutrition Score:13.989999835258%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 250.58kcal (12.53%), Fat: 0.76g (1.17%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 18.93g (6.89%), Sugar: 16.8g (18.67%), Cholesterol: 0.03mg (0.01%), Sodium: 965.66mg (41.99%), Alcohol: 20.04g (100%), Alcohol %: 7.57% (100%), Protein: 4.85g (9.69%), Vitamin C: 83.01mg (100.62%), Vitamin A: 1962.95IU (39.26%), Potassium: 1179.19mg (33.69%), Fiber: 4.76g (19.04%), Manganese: 0.38mg (18.97%), Iron: 2.8mg (15.53%), Copper: 0.3mg (14.98%), Magnesium: 43.86mg (10.96%), Vitamin B3: 1.86mg (9.32%), Phosphorus: 82.43mg (8.24%), Vitamin K: 8.5µg (8.09%), Vitamin B1: 0.11mg (7.53%), Calcium: 74.13mg (7.41%), Folate: 27.08µg (6.77%), Vitamin B2: 0.11mg (6.69%), Vitamin B6: 0.09mg (4.34%), Vitamin B5: 0.43mg (4.31%), Zinc: 0.56mg

(3.75%), Selenium: 1.82µg (2.6%)