



Pitcher Of Bloody Marys



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon celery seeds
- ☐ 6 servings celery stalk for serving
- ☐ 1 Handful cilantro leaves fresh for garnish
- ☐ 6 servings cucumber spears for serving
- ☐ 3 tablespoons horseradish fresh grated prepared
- ☐ 2 tablespoons hot sauce
- ☐ 6 juice of lime juiced
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 2 quarts sacramento tomato juice chilled
- ☐ 1.5 cups pepper vodka chilled
- ☐ 1 tablespoon worcestershire sauce

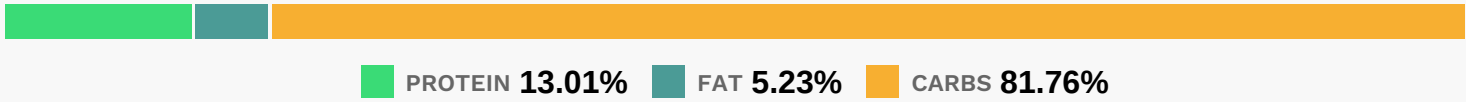
Equipment

- ☐ wooden spoon

Directions

- ☐ Combine the lime juice, celery seed, and horseradish in a pitcher. Muddle the mixture with the end of a wooden spoon to blend and break up the celery seeds.
- ☐ Pour in the tomato juice, hot sauce, and Worcestershire sauce; season with salt and pepper. Stir everything together to combine.
- ☐ Divide the vodka among 6 tall, chilled glasses filled with ice. Fill the glasses with the Bloody Mary mix, stick in the celery and cucumber and garnish with the cilantro. Give the Bloody Mary a good stir and serve.

Nutrition Facts



Properties

Glycemic Index:32.06, Glycemic Load:4.03, Inflammation Score:-9, Nutrition Score:13.577825945357%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 7.63mg, Luteolin: 7.63mg, Luteolin: 7.63mg, Luteolin: 7.63mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 210.57kcal (10.53%), Fat: 0.51g (0.78%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 16.09g (5.85%), Sugar: 12.71g (14.13%), Cholesterol: 0mg (0%), Sodium: 218.36mg (9.49%), Alcohol: 20.04g (100%), Alcohol %: 5.99% (100%), Protein: 2.85g (5.7%), Vitamin C: 72.62mg (88.02%), Vitamin A: 1495.2IU (29.9%), Potassium: 828.2mg (23.66%), Vitamin B6: 0.39mg (19.26%), Folate: 71.88µg (17.97%), Manganese: 0.33mg

(16.54%), Copper: 0.24mg (11.77%), Iron: 2.07mg (11.48%), Vitamin B3: 2.27mg (11.34%), Magnesium: 44.68mg (11.17%), Vitamin B1: 0.17mg (11.16%), Vitamin K: 10.26µg (9.77%), Vitamin B5: 0.85mg (8.47%), Phosphorus: 74.88mg (7.49%), Vitamin E: 1.12mg (7.43%), Fiber: 1.83g (7.31%), Vitamin B2: 0.12mg (7.09%), Calcium: 62.42mg (6.24%), Zinc: 0.65mg (4.31%), Selenium: 1.34µg (1.91%)