
 4%
HEALTH SCORE

Smooth Bloody Mary


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

READY IN




45 min.

SERVINGS



1

CALORIES



97 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black
- 1 tablespoon capers (with brine)
- 1 tablespoon celery salt
- 3 celery stalks (with leaves)
- 1 celery stalks (cleaned trimmed)
- 2 tablespoons horseradish (fresh canned grated (bottled or , not)
- 1 juice of lemon (whole)
- 1 slice lime

- 1 olives
- 1 pinch pepper dried red italian (pepper flake)
- 1 large shallots
- 5 dashes all the tabasco sauce you handle
- 1 serving sacramento tomato juice canned
- 1 serving vodka to taste
- 4 tablespoons worcestershire sauce

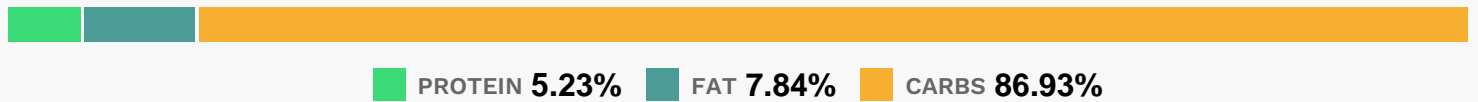
Equipment

- juicer

Directions

- In juicer, add celery, shallot, horseradish, and capers. Put juiced mixture in quart container (optional: strain through chinois).
- Add worcestershire, Tabasco, lemon juice, celery salt, black pepper, and peperoncino. Fill container with Sacramento Canned Tomato Juice.
- Let sit overnight in refrigerator.
- Pour mixture over ice into a highball glass.
- Add vodka to taste.
- Garnish with skewered lime slice and olive, and a cleaned and trimmed celery stick.

Nutrition Facts



Properties

Glycemic Index:204.33, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:8.4721739130435%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 7.35mg, Hesperetin: 7.35mg, Hesperetin: 7.35mg, Hesperetin: 7.35mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.19mg

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 10.54mg, Kaempferol: 10.54mg, Kaempferol: 10.54mg, Kaempferol: 10.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.02mg, Quercetin: 14.02mg, Quercetin: 14.02mg, Quercetin: 14.02mg

Taste

Sweetness: 37.78%, Saltiness: 71.77%, Sourness: 100%, Bitterness: 71.5%, Savoriness: 7.71%, Fattiness: 9.35%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 96.78kcal (4.84%), Fat: 0.9g (1.39%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 20.18g (7.34%), Sugar: 9.97g (11.08%), Cholesterol: 0mg (0%), Sodium: 8175.96mg (355.48%), Alcohol: 0.33g (1.86%), Protein: 1.35g (2.7%), Vitamin C: 25.88mg (31.38%), Iron: 4.43mg (24.63%), Potassium: 745.01mg (21.29%), Manganese: 0.38mg (18.78%), Copper: 0.24mg (12.08%), Calcium: 111.45mg (11.15%), Vitamin K: 11.05µg (10.52%), Fiber: 2.28g (9.11%), Vitamin B2: 0.13mg (7.36%), Folate: 28.82µg (7.2%), Phosphorus: 68.01mg (6.8%), Vitamin B6: 0.13mg (6.39%), Magnesium: 25.03mg (6.26%), Vitamin B1: 0.08mg (5.38%), Vitamin A: 204.52IU (4.09%), Vitamin B3: 0.72mg (3.61%), Vitamin E: 0.45mg (3.02%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.2mg (2.01%), Selenium: 1.03µg (1.48%)