

Spicy Bloody Mary Mix



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



12

CALORIES



43 kcal

SIDE DISH

Ingredients

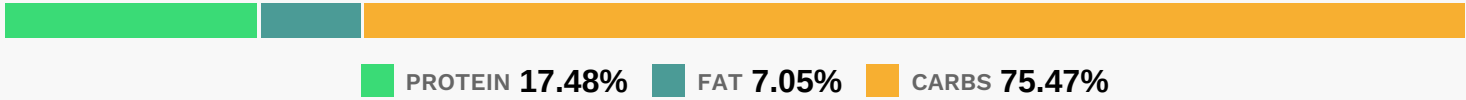
- ☐ 10.5 ounce condensed beef consomme canned (such as Campbell's ®)
- ☐ 1 tablespoon celery salt
- ☐ 1 tablespoon ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon pepper sauce hot tabasco® (such as)
- ☐ 46 fluid ounce sacramento tomato juice canned
- ☐ 3 tablespoons worcestershire sauce

Equipment

Directions

☐ Mix the tomato juice, beef consomme, Worcestershire sauce, lemon juice, hot pepper sauce, celery salt, and black pepper together in a pitcher; chill.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:2.38, Inflammation Score:-3, Nutrition Score:6.2860870063305%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 42.93kcal (2.15%), Fat: 0.4g (0.61%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.46g (6.07%), Cholesterol: 0mg (0%), Sodium: 907.27mg (39.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin C: 12.27mg (14.88%), Manganese: 0.28mg (13.79%), Copper: 0.22mg (11.18%), Potassium: 389.13mg (11.12%), Iron: 1.8mg (10%), Vitamin E: 1.43mg (9.52%), Fiber: 2.29g (9.15%), Vitamin B6: 0.18mg (8.81%), Vitamin B3: 1.62mg (8.09%), Vitamin K: 6.89µg (6.57%), Magnesium: 24.72mg (6.18%), Vitamin B1: 0.09mg (5.98%), Vitamin A: 251.63IU (5.03%), Calcium: 47.31mg (4.73%), Phosphorus: 43.06mg (4.31%), Vitamin B2: 0.07mg (4.21%), Folate: 15.97µg (3.99%), Vitamin B5: 0.33mg (3.3%), Zinc: 0.32mg (2.16%), Selenium: 0.9µg (1.29%)