



Spicy Citrus Bloody Mary



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



218 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon horseradish drained
- ☐ 2 cups ice cubes
- ☐ 1 jalapeno minced
- ☐ 1 optional: lemon cut into wedges
- ☐ 1 lime cut into wedges
- ☐ 1 pinch salt
- ☐ 3 cups sacramento tomato juice
- ☐ 2 cups vodka

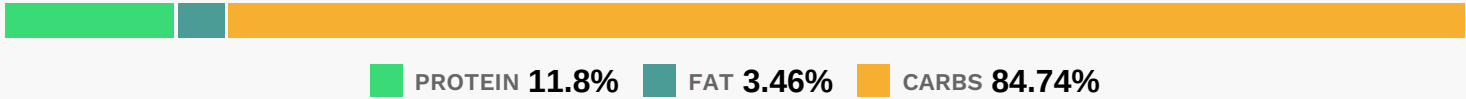
☐ 1 tablespoon worcestershire sauce

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Muddle ice, lemon wedges, lime wedges, horseradish, jalapeno, and salt in the bottom of a pitcher.
- ☐ Add vodka, tomato juice, and Worcestershire and stir to combine. Refrigerate if not serving immediately, or pour into glasses over ice and serve.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:2.13, Inflammation Score:-7, Nutrition Score:6.1678260487059%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 218.08kcal (10.9%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 7.53g (2.74%), Sugar: 5.54g (6.16%), Cholesterol: 0mg (0%), Sodium: 71.34mg (3.1%), Alcohol: 26.72g (100%), Alcohol %: 10.68% (100%), Protein: 1.25g (2.5%), Vitamin C: 38.78mg (47.01%), Vitamin A: 583.73IU (11.67%), Potassium: 349.87mg (10%), Vitamin B6: 0.17mg (8.28%), Folate: 29.45µg (7.36%), Copper: 0.12mg (5.84%), Fiber: 1.45g (5.8%), Vitamin B1: 0.07mg (4.98%), Iron: 0.87mg (4.84%), Manganese: 0.1mg (4.84%), Vitamin B3: 0.92mg (4.59%), Magnesium: 17.66mg (4.41%), Vitamin B5: 0.37mg (3.72%), Vitamin E: 0.53mg (3.51%), Phosphorus: 33.84mg (3.38%), Vitamin B2: 0.05mg (3.24%), Vitamin K: 3.35µg (3.19%), Calcium: 27.6mg (2.76%), Zinc: 0.24mg (1.62%)