



# Spoon-Fed Bloody Mary with Grilled Lemon Skewers

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

READY IN



**40 min.**

SERVINGS



**8**

CALORIES



**58 kcal**

**SIDE DISH**

## Ingredients

- 1 cup celery diced
- 4 celery stalks cut in 1/2
- 1 cup fennel bulb diced (can use cucumber instead)
- 1 bottle hendrick's gin
- 8 servings ground pepper black
- 1 tablespoon hot sauce
- 1 to 2 jalapeño chiles cut into 1/2-inch pieces

- 8 lemon wedges
- 1 teaspoon salt
- 1 cup tomatoes diced ripe
- 4 pounds tomatoes chilled cored ripe cut into 3/4-inch pieces,
- 1 tablespoon worcestershire sauce

## Equipment

- food processor
- blender
- toothpicks
- grill
- skewers
- grill pan
- juicer

## Directions

- large toothpicks or small skewers;
- On a prepared grill or grill pan, grill the lemon wedges until lightly browned. Skewer the lemons onto toothpicks or skewers and set aside.
- In a blender or food processor, puree together the tomatoes, jalapenos, Worcestershire sauce and hot sauce. Season to taste with salt and pepper. You should have about 3 1/2 cups.
- Pour the tomato mixture into a large pitcher and chill in the refrigerator until ready to serve.
- Season the celery and fennel or cucumber and tomato with salt and and pepper, to taste, and toss to combine.
- Place a bit of the veggie mixture into each of 8 martini glasses.
- Pour 1-ounce of chilled vodka over the vegetable mixture. Top with the spiced tomato mixture and garnish with a grilled lemon wedge and half of a celery stalk.
- Serve with a teaspoon.
- Cook's Notes: If you don't have a juicer or you're short of time, you can ask your natural-foods grocer to juice up this combo for you. It will also save you clean-up time.

Entertaining Notes: You can juice the ingredients 1 day in advance of serving. Cover tightly and refrigerate until serving.

## Nutrition Facts



**PROTEIN 15.4%** **FAT 8.01%** **CARBS 76.59%**

### Properties

Glycemic Index:36.19, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:12.125217369069%

### Flavonoids

Eriodictyol: 3.96mg, Eriodictyol: 3.96mg, Eriodictyol: 3.96mg, Eriodictyol: 3.96mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

### Nutrients (% of daily need)

Calories: 57.68kcal (2.88%), Fat: 0.61g (0.93%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 8.97g (3.26%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 391.32mg (17.01%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 2.63g (5.26%), Vitamin C: 48.49mg (58.77%), Vitamin A: 2152.28IU (43.05%), Vitamin K: 31.05µg (29.57%), Potassium: 714.61mg (20.42%), Manganese: 0.34mg (16.85%), Fiber: 4.1g (16.4%), Folate: 47.75µg (11.94%), Vitamin B6: 0.24mg (11.84%), Vitamin E: 1.52mg (10.15%), Copper: 0.17mg (8.54%), Magnesium: 32.69mg (8.17%), Vitamin B3: 1.63mg (8.17%), Phosphorus: 72.8mg (7.28%), Vitamin B1: 0.11mg (7%), Iron: 1.02mg (5.65%), Calcium: 43.64mg (4.36%), Vitamin B2: 0.07mg (3.97%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.48mg (3.19%)