



The Perfect Bloody Mary



Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

1

CALORIES

calories

193 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pinch celery salt
- ☐ 1 serving celery stalks
- ☐ 1 serving cherry tomatoes
- ☐ 5 drops hot sauce
- ☐ 1 serving salt and pepper
- ☐ 6 ounce sacramento tomato juice
- ☐ 2 ounces vodka
- ☐ 1 Dash red wine

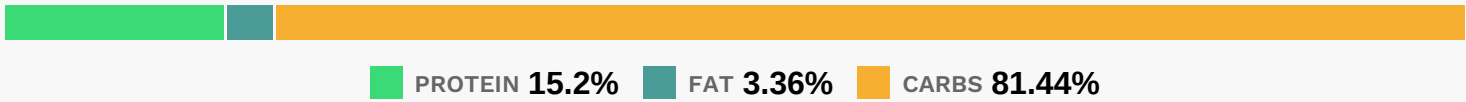
☐ 7 drops worcestershire sauce

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all of the ingredients in a highball glass containing ice, stir well, and serve with a celery stick and cherry tomato.
- ☐ To substitute mix, add red wine and a dry sherry to the Bloody Mary.

Nutrition Facts



Properties

Glycemic Index:93.33, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:12.421738982201%

Flavonoids

Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 193.46kcal (9.67%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 12.89g (4.69%), Sugar: 10.52g (11.69%), Cholesterol: 0mg (0%), Sodium: 490.39mg (21.32%), Alcohol: 19.04g (100%), Alcohol %: 6.2% (100%), Protein: 2.73g (5.46%), Vitamin C: 69.55mg (84.31%), Vitamin A: 1507.3IU (30.15%), Potassium: 779.85mg (22.28%), Vitamin B6: 0.31mg (15.74%), Manganese: 0.28mg (13.99%), Folate: 54.49µg (13.62%), Iron: 2.15mg (11.93%), Copper: 0.24mg (11.82%), Vitamin B3: 2mg (10%), Vitamin B1: 0.14mg (9.53%), Vitamin E: 1.39mg (9.25%), Magnesium: 33.43mg (8.36%), Vitamin K: 8.54µg (8.14%), Phosphorus: 80.11mg (8.01%), Fiber: 1.75g (6.99%), Vitamin B5: 0.62mg (6.24%), Vitamin B2: 0.1mg (6.08%), Calcium: 41.8mg (4.18%), Zinc: 0.48mg (3.23%), Selenium: 1.29µg (1.85%)