

Tomato Water Bloody Mary



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 large beefsteak tomatoes quartered
- ☐ 4 cherry tomatoes for garnish
- ☐ 6 ounces vodka or any citrus vodka)
- ☐ 4 servings ice cubes
- ☐ 0.5 optional: lemon
- ☐ 3 inch lemon grass roughly chopped
- ☐ 0.5 lime
- ☐ 0.5 cranberry-orange relish

- ☐ 0.3 onion red roughly chopped
- ☐ 1 large pinch salt
- ☐ 0.5 serrano chiles roughly chopped
- ☐ 1 small pinch sugar
- ☐ 16 ounces water

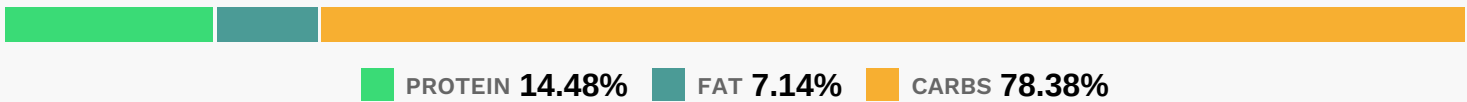
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ In food processor, purée first six ingredients until smooth. Line sieve with cheesecloth and set sieve over nonreactive bowl.
- ☐ Pour purée into center of cheesecloth and refrigerate overnight. Gather sides of cheesecloth up over purée to form large sack and squeeze gently to extract last bits of water. Discard sack and its contents and transfer tomato water to bowl. Set strainer over bowl and squeeze in lime, lemon, and orange juice. Stir well. Makes about 20 ounces tomato water, enough for roughly 4 drinks.
- ☐ For Bloody Mary
- ☐ Fill 4 highball glasses with ice. In each, combine 4 ounces tomato water and 1 1/2 ounces vodka and stir.
- ☐ Garnish with cherry tomatoes.

Nutrition Facts



Properties

Glycemic Index:62.52, Glycemic Load:4.88, Inflammation Score:-9, Nutrition Score:16.599130421877%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 11.83mg, Hesperetin: 11.83mg, Hesperetin: 11.83mg, Hesperetin: 11.83mg Naringenin: 5.18mg, Naringenin: 5.18mg, Naringenin: 5.18mg, Naringenin: 5.18mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 184.28kcal (9.21%), Fat: 0.8g (1.24%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 14.52g (5.28%), Sugar: 11.95g (13.27%), Cholesterol: 0mg (0%), Sodium: 38.47mg (1.67%), Alcohol: 14.2g (100%), Alcohol %: 2.91% (100%), Protein: 3.67g (7.34%), Vitamin C: 69.7mg (84.49%), Vitamin A: 2966.72IU (59.33%), Manganese: 0.62mg (31.02%), Potassium: 939.54mg (26.84%), Vitamin K: 27.5µg (26.19%), Fiber: 5.35g (21.4%), Vitamin B6: 0.32mg (16.23%), Folate: 64.57µg (16.14%), Copper: 0.28mg (13.81%), Vitamin E: 2.01mg (13.37%), Magnesium: 46.95mg (11.74%), Vitamin B3: 2.25mg (11.24%), Vitamin B1: 0.16mg (10.81%), Phosphorus: 100.53mg (10.05%), Iron: 1.51mg (8.41%), Calcium: 57.89mg (5.79%), Vitamin B2: 0.09mg (5.28%), Zinc: 0.74mg (4.97%), Vitamin B5: 0.42mg (4.21%)