



Tomato-Water Bloody Mary



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 celery stalk chopped
- ☐ 6 servings cucumber spears
- ☐ 0.5 pound hothouse cucumbers english chopped
- ☐ 2 tablespoons horseradish white prepared
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 slices optional: lemon
- ☐ 6 servings sugar
- ☐ 4 pounds tomatoes chopped

☐ 2 tablespoons vodka ()

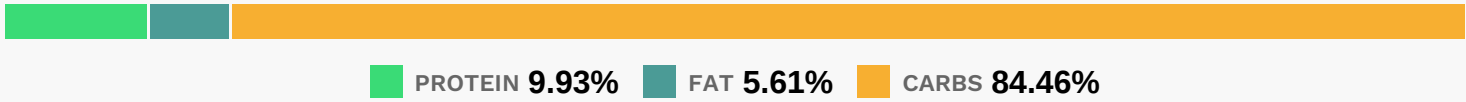
Equipment

- ☐ bowl
- ☐ cheesecloth

Directions

- ☐ Purée 4 pounds choppedtomatoes, 1/2 poundchopped Persian orEnglish hothousecucumbers, 1 choppedcelery stalk, and2 tablespoons prepared whitehorseradish in a blenderuntil smooth. Strainthrough a cheesecloth-linedfine-mesh sieveinto a large bowl.
- ☐ Letdrain, without stirring,until 3 cups of liquidare collected, about2 hours; discard solids instrainer. Season to tastewith kosher salt,freshly ground blackpepper, and sugar.
- ☐ Divide tomato wateramong 6 ice-filledglasses. Top each glasswith 2 tablespoons (ormore) vodka.
- ☐ Garnishwith lemon slicesand cucumber spears.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:11.73, Inflammation Score:-9, Nutrition Score:12.845217461171%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 119.92kcal (6%), Fat: 0.75g (1.15%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 21.18g (7.7%), Sugar: 20.9g (23.23%), Cholesterol: 0mg (0%), Sodium: 37.64mg (1.64%), Alcohol: 1.67g (100%), Alcohol %: 0.58% (100%), Protein: 2.98g (5.95%), Vitamin C: 44.55mg (54%), Vitamin A: 2550.78IU (51.02%), Vitamin K: 27.11µg (25.82%), Potassium: 786.71mg (22.48%), Manganese: 0.39mg (19.68%), Fiber: 4.13g

(16.54%), Folate: 54.03µg (13.51%), Vitamin B6: 0.27mg (13.35%), Vitamin E: 1.65mg (11%), Copper: 0.21mg (10.61%), Magnesium: 39.61mg (9.9%), Vitamin B3: 1.83mg (9.17%), Vitamin B1: 0.13mg (8.35%), Phosphorus: 83.03mg (8.3%), Iron: 0.95mg (5.26%), Vitamin B2: 0.07mg (4.22%), Zinc: 0.63mg (4.17%), Calcium: 39.6mg (3.96%), Vitamin B5: 0.37mg (3.72%)