



Tropical Guaro Bloody Mary

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon celery salt
- ☐ 1 stalks celery as garnish as needed
- ☐ 1 sprigs cilantro as garnish to taste
- ☐ 1 teaspoon ginger grated
- ☐ 2 teaspoon horseradish prepared
- ☐ 0.5 teaspoon lizano sauce (substitutue worcestershire sauce)
- ☐ 12 dash hot sauce
- ☐ 1 juice of lime

- ☐ 6 servings lime wedges as garnish
- ☐ 0.3 teaspoon sea salt
- ☐ 36 ounce sacramento tomato juice

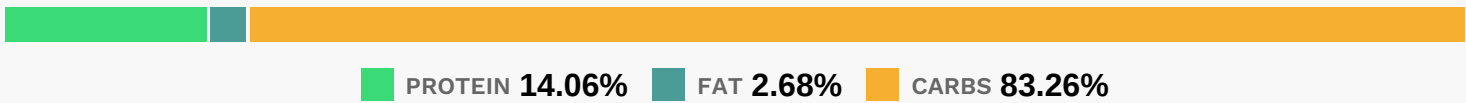
Equipment

- ☐ blender

Directions

- ☐ In a blender add ¼ of the tomato juice, minced celery, horseradish, ginger, lime juice, Lizano sauce, celery salt, sea salt, and hot sauce. Blend to puree well. Then pour the contents of the blender into a large pitcher.
- ☐ Add the remaining tomato juice and guaro. Chill at least one hour.
- ☐ Serve in tall glasses over ice with a stick of celery sticks, cilantro sprigs, and lime wedges to taste.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:6.6682609164197%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 32.96kcal (1.65%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.39g (2.69%), Sugar: 6.44g (7.16%), Cholesterol: 0mg (0%), Sodium: 332.15mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin C: 33.87mg (41.06%), Vitamin A: 824.12IU (16.48%), Potassium: 425.49mg (12.16%), Vitamin B6: 0.2mg (9.93%), Folate: 38.27µg (9.57%), Vitamin K: 7.08µg (6.74%), Manganese: 0.13mg (6.61%), Vitamin B3: 1.19mg (5.96%), Copper: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.59%),

Magnesium: 20.68mg (5.17%), Vitamin B5: 0.45mg (4.55%), Iron: 0.8mg (4.45%), Vitamin E: 0.59mg (3.91%), Fiber: 0.91g (3.63%), Vitamin B2: 0.06mg (3.49%), Phosphorus: 34.23mg (3.42%), Calcium: 22.67mg (2.27%), Zinc: 0.29mg (1.92%)