



True Blood's Bon Temps Bloody Mary



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



138 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 serving pepper black freshly ground
- ☐ 1 serving ground pepper
- ☐ 1 serving ice cubes
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 serving dilly beans plus 1 cup pickling liquid for garnish
- ☐ 1 serving salt
- ☐ 6 ounces sacramento tomato juice
- ☐ 1.5 ounces vodka

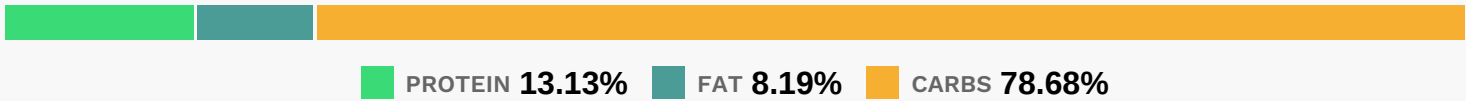
☐ 0.5 teaspoon worcestershire sauce

Equipment

Directions

- ☐ Combine the tomato juice, vodka, lime juice, and Worcestershire in a cocktail shaker. Season with salt, black pepper, and cayenne. Stir. Fill a highball glass with ice and pour the drink over the ice.
- ☐ Garnish with the beans or okra.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:110.33, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:8.0917390844096%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 137.6kcal (6.88%), Fat: 0.44g (0.67%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.66g (7.4%), Cholesterol: 0mg (0%), Sodium: 256.11mg (11.14%), Alcohol: 14.2g (100%), Alcohol %: 6.42% (100%), Protein: 1.58g (3.16%), Vitamin C: 34.75mg (42.12%), Vitamin A: 1603.17IU (32.06%), Potassium: 463.32mg (13.24%), Vitamin B6: 0.24mg (12%), Folate: 36.9µg (9.22%), Manganese: 0.17mg (8.66%), Vitamin E: 1.16mg (7.7%), Vitamin B3: 1.35mg (6.74%), Copper: 0.13mg (6.66%), Iron: 1.12mg (6.2%), Vitamin B1: 0.09mg (6.14%), Magnesium: 23.28mg (5.82%), Vitamin K: 5.74µg (5.47%), Fiber: 1.3g (5.2%), Vitamin B2: 0.08mg (4.64%), Vitamin B5: 0.43mg (4.33%), Phosphorus: 41.26mg (4.13%), Calcium: 26.15mg (2.62%), Zinc: 0.32mg (2.14%), Selenium: 0.71µg (1.02%)