



True Wisconsin Bloody Mary

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



1

CALORIES



255 kcal

BEVERAGE

DRINK

Ingredients

- 1 stalk celery with leaves
- 0.5 teaspoon celery salt
- 1 cup tomato and clam juice cocktail
- 0.5 teaspoon ground pepper black
- 4 ice cubes
- 1 tablespoon brine from olive jar
- 3 dashes pepper sauce hot
- 3 pimento-stuffed olives green

- 1.5 fluid ounce jigger vodka
- 3 dashes worcestershire sauce

Equipment

Directions

- Fill a large tumbler with ice cubes.
- Pour in the vodka, then drop in the olives and the olive brine. Season with celery salt, pepper, Worcestershire sauce and hot pepper sauce. Fill the remainder of the glass with tomato and clam juice cocktail. Stir with the celery stalk and leave it in as a garnish.
- Sprinkle with a little bit of celery salt before serving.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:6.373913085979%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 255.48kcal (12.77%), Fat: 3.63g (5.59%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 26.58g (9.67%), Sugar: 8.79g (9.76%), Cholesterol: 0mg (0%), Sodium: 2413.56mg (104.94%), Alcohol: 14.81g (100%), Alcohol %: 4.64% (100%), Protein: 2.01g (4.01%), Vitamin C: 13.68mg (16.59%), Vitamin K: 13.67µg (13.02%), Manganese: 0.25mg (12.38%), Vitamin A: 619.04IU (12.38%), Potassium: 361.37mg (10.32%), Fiber: 2.5g (10%), Vitamin B6: 0.18mg (9.17%), Folate: 34.35µg (8.59%), Vitamin E: 1.14mg (7.62%), Copper: 0.14mg (7.01%), Calcium: 55.39mg (5.54%), Magnesium: 21.13mg (5.28%), Vitamin B1: 0.07mg (4.52%), Iron: 0.8mg (4.47%), Phosphorus: 42.06mg (4.21%), Vitamin B3: 0.76mg (3.78%), Vitamin B2: 0.06mg (3.63%), Vitamin B5: 0.31mg (3.14%), Selenium: 1.35µg (1.93%), Zinc: 0.28mg (1.84%), Vitamin B12: 0.07µg (1.18%)