

Virgin Marys



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 3 stalks celery from the heart for serving
- ☐ 1 teaspoon celery salt
- ☐ 2 teaspoons horseradish prepared
- ☐ 12 dashes hot sauce to taste (recommended: Tabasco)
- ☐ 2 juice of lime juiced
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon shallots chopped
- ☐ 48 ounce sacramento tomato juice (recommended: Sacramanto)

☐ 1 Dash worcestershire sauce

Equipment

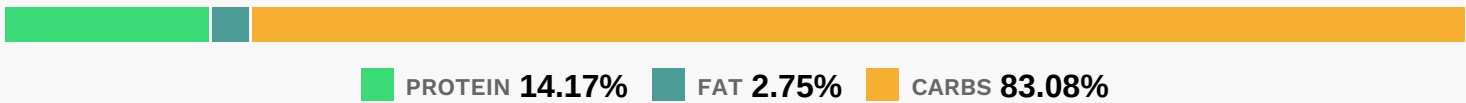
☐ food processor

☐ bowl

Directions

- ☐ Cut the celery in large dice, including the leaves, and puree in the bowl of a food processor fitted with the steel blade.
- ☐ Add the horseradish, shallot, Worcestershire sauce, celery salt, kosher salt, Tabasco and lime juice and process until smooth.
- ☐ Pour the mixture into a large pitcher, add the tomato juice, and stir.
- ☐ Pour into tall glasses and serve each with the top half of a celery stalk.

Nutrition Facts



Properties

Glycemic Index:21.39, Glycemic Load:2.88, Inflammation Score:-7, Nutrition Score:9.2139129794162%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 45.05kcal (2.25%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 10g (3.64%), Sugar: 8.69g (9.66%), Cholesterol: 0mg (0%), Sodium: 828.53mg (36.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin C: 45.74mg (55.44%), Vitamin A: 1115.89IU (22.32%), Potassium: 590.06mg (16.86%), Folate: 54.65µg (13.66%), Vitamin B6: 0.27mg (13.65%), Vitamin K: 11.17µg (10.64%), Manganese: 0.19mg (9.32%), Vitamin B3: 1.61mg (8.07%), Vitamin B1: 0.11mg (7.59%), Copper: 0.15mg (7.51%), Magnesium: 28.52mg (7.13%), Vitamin B5: 0.63mg (6.31%), Iron: 1.05mg (5.84%), Vitamin E: 0.8mg (5.35%),

Fiber: 1.33g (5.33%), Vitamin B2: 0.08mg (4.94%), Phosphorus: 47.86mg (4.79%), Calcium: 33.81mg (3.38%), Zinc: 0.39mg (2.61%), Selenium: 0.82µg (1.18%)