



Wasabi Bloody Mary

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



52 min.

SERVINGS



8

CALORIES



199 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup juice of lime fresh
- 4.5 teaspoons wasabi
- 6 cups pepperoncini pepper juice low-sodium (V-8)
- 3 tablespoons worcestershire sauce
- 1.3 teaspoons hot sauce hot
- 0.8 teaspoon salt
- 1.5 cups vodka

Equipment

whisk

Directions

Combine lime juice and wasabi with a whisk, until wasabi dissolves.

Combine wasabi mixture, veggie juice, Worcestershire sauce, pepper sauce and salt in a pitcher; chill.

Stir in vodka and serve over ice.

Nutrition Facts

PROTEIN 1.24% FAT 2.39% CARBS 96.37%

Properties

Glycemic Index:6.97, Glycemic Load:8.41, Inflammation Score:-3, Nutrition Score:2.2969565365625%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg, Catechin: 2.33mg Epicatechin: 8.76mg, Epicatechin: 8.76mg, Epicatechin: 8.76mg, Epicatechin: 8.76mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 199.49kcal (9.97%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 23.27g (8.46%), Sugar: 18.79g (20.88%), Cholesterol: 0mg (0%), Sodium: 325.79mg (14.16%), Alcohol: 15.03g (100%), Alcohol %: 7.48% (100%), Protein: 0.31g (0.61%), Vitamin C: 7.98mg (9.67%), Potassium: 264.34mg (7.55%), Manganese: 0.15mg (7.28%), Vitamin B1: 0.05mg (3.42%), Iron: 0.6mg (3.31%), Magnesium: 12.15mg (3.04%), Vitamin B2: 0.05mg (2.77%), Calcium: 25.44mg (2.54%), Copper: 0.05mg (2.29%), Phosphorus: 22.18mg (2.22%), Vitamin B6: 0.04mg (2.16%), Fiber: 0.52g (2.09%), Vitamin B5: 0.11mg (1.13%), Vitamin B3: 0.21mg (1.06%)