



World's Best Bloody Mary Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Image not found or type unknown

READY IN

ready

10 min.

SERVINGS

servings

8

CALORIES

calories

77 kcal

SIDE DISH

Ingredients

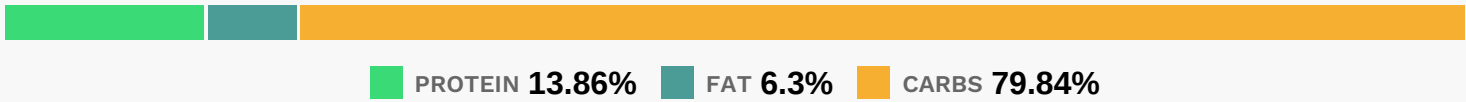
- ☐ 3 tablespoons hickory smoke-flavored barbeque sauce
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 teaspoon ground celery seed
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup steak sauce
- ☐ 46 fluid ounce sacramento tomato juice canned

Equipment

Directions

- ☐ Stir tomato juice, steak sauce, barbeque sauce, celery seed, garlic salt, and black pepper in a large pitcher.
- ☐ Serve in glasses over ice and garnish each serving with a pinch of cayenne pepper, a lemon wedge, and a celery stick.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:3.51, Inflammation Score:-5, Nutrition Score:9.1734782509182%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg

Nutrients (% of daily need)

Calories: 76.69kcal (3.83%), Fat: 0.61g (0.94%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 13.97g (5.08%), Sugar: 10.63g (11.81%), Cholesterol: 0mg (0%), Sodium: 745.42mg (32.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin C: 16.4mg (19.88%), Manganese: 0.39mg (19.42%), Copper: 0.34mg (17.07%), Potassium: 551.22mg (15.75%), Vitamin E: 2.3mg (15.34%), Fiber: 3.53g (14.13%), Iron: 2.53mg (14.04%), Vitamin B6: 0.27mg (13.68%), Vitamin B3: 2.22mg (11.09%), Magnesium: 38.08mg (9.52%), Vitamin K: 9.77µg (9.3%), Vitamin B1: 0.13mg (8.9%), Vitamin A: 415.97IU (8.32%), Calcium: 67.57mg (6.76%), Phosphorus: 60.77mg (6.08%), Vitamin B2: 0.1mg (5.81%), Folate: 23.1µg (5.78%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.52mg (3.5%), Selenium: 1.23µg (1.75%)