

Zero Proof: Virgin Grilled-Tomato Bloody Maria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 servings pepper black
- ☐ 1 large jalapeno (3" long)
- ☐ 2 tablespoons kosher salt
- ☐ 0.5 cup juice of lime fresh

- ☐ 4 lime wedges
- ☐ 8 oz bell pepper red
- ☐ 1 teaspoon salt
- ☐ 0.5 small onion sweet thick cut into 1/2" rings (5 oz)
- ☐ 1.5 cups sacramento tomato juice
- ☐ 1 pound tomatoes cut in half

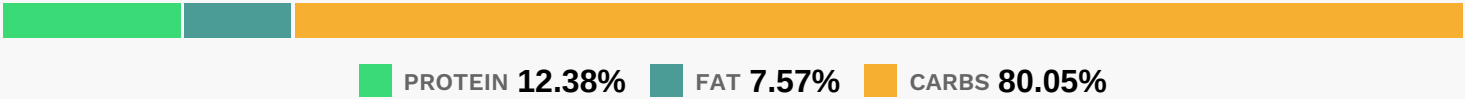
Equipment

- ☐ blender
- ☐ grill
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Heat grill or grill pan. Grill is hot enough when when you can't hold your hand a few inches above it for more than 3 to 5 seconds. Mist or brush tomatoes and onions lightly with oil and place on grill.
- ☐ Grill tomatoes and onions till softened and charred, about 90 seconds per side for tomatoes, 5 minutes per side for onions. Put aside and let cool.
- ☐ Place bell pepper and jalapeno on grill as well, allowing skin to blister and turn black. Using tongs, turn frequently so that all skin is blackened, about 6 minutes.
- ☐ Remove peppers from grill and place in paper bag.
- ☐ Let steam until cool enough to handle.
- ☐ When peppers are cool, remove stems, seeds and blackened skin. Do not rinse under water to remove skin, as that will wash away the flavor.
- ☐ Place tomatoes, onions, peppers, spices, cilantro and juices in blender and puree until smooth. Season with salt and pepper to taste. Chill for at least 2 hours, then check seasoning. (Can be made one day ahead of time.)
- ☐ To serve, mix kosher salt and chili powder on a plate. Wet glass rim with lime wedge and rotate glass in salt mixture to rim. Fill with Bloody Maria and garnish each glass with a lime wedge.

Nutrition Facts



Properties

Glycemic Index:58.58, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:17.576956479446%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 10.45mg, Hesperetin: 10.45mg, Hesperetin: 10.45mg, Hesperetin: 10.45mg Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 84.45kcal (4.22%), Fat: 0.87g (1.33%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 15.86g (5.77%), Sugar: 11.8g (13.11%), Cholesterol: 0mg (0%), Sodium: 4124.51mg (179.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.38%), Vitamin C: 125.53mg (152.16%), Vitamin A: 3854.8IU (77.1%), Vitamin B6: 0.49mg (24.44%), Potassium: 757.35mg (21.64%), Folate: 77.45µg (19.36%), Vitamin K: 20.28µg (19.31%), Fiber: 4.77g (19.1%), Vitamin E: 2.83mg (18.88%), Manganese: 0.36mg (18.2%), Vitamin B3: 2.27mg (11.35%), Magnesium: 41.02mg (10.26%), Copper: 0.2mg (10.23%), Vitamin B1: 0.15mg (10.22%), Iron: 1.68mg (9.36%), Phosphorus: 85.18mg (8.52%), Vitamin B2: 0.14mg (8.11%), Vitamin B5: 0.66mg (6.61%), Calcium: 54.69mg (5.47%), Zinc: 0.68mg (4.55%), Selenium: 1.09µg (1.56%)