

Mary, Mary Quite Contrary

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Servings: 6

4 1/2 cups vegetable juice
6 tablespoons lime juice
1/2 teaspoon hot sauce
1/2 teaspoon Worcestershire sauce
celery sticks (for garnish)

In a pitcher, combine all of the ingredients except the celery.

Serve in glasses over ice,

Add celery for garnish.

Start to Finish Time: 5 minutes

Per Serving (excluding unknown items): 39 Calories; trace Fat (3.5% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 679mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 0 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	39	Vitamin B6 (mg):	.3mg
% Calories from Fat:	3.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	85.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	40mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	679mg	Vegetable:	1 1/2
Potassium (mg):	372mg	Fruit:	0
Calcium (mg):	22mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 56mg
Vitamin A (i.u.): 2133IU
Vitamin A (r.e.): 213 1/2RE

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 39 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	679mg	28%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	6%
Protein	1g	
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Vitamin A		43%
Vitamin C		93%
Calcium		2%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.