

Bloody Mary Sauce

The Essential Appetizers Cookbook (1999)
Whitecap Books

2 tablespoons vodka
2 tablespoons tomato juice
1 tablespoon lemon juice
2 teaspoons Worcestershire sauce
dash tabasco sauce
1/4 teaspoon celery salt

In a bowl, combine the vodka, tomato juice, lemon juice, Worcestershire sauce, tabasco sauce and celery salt.

Per Serving (excluding unknown items): 83 Calories; trace Fat (4.9% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 605mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	83
% Calories from Fat:	4.9%
% Calories from Carbohydrates:	84.7%
% Calories from Protein:	10.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	605mg
Potassium (mg):	167mg
Calcium (mg):	15mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	31mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	64
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Vitamin A (i.u.): 183IU
Vitamin A (r.e.): 21RE

Nutrition Facts

Amount Per Serving

Calories	83	Calories from Fat: 4
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	605mg	25%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	2%
Protein	1g	
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Vitamin A		4%
Vitamin C		51%
Calcium		1%
Iron		4%

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