

Bloody Mary Punch

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Yield: 1 1/2 quarts

1 container (46 ounce) low-sodium vegetable juice, chilled
1 tablespoon freshly ground pepper
3 tablespoons fresh lime juice
1 tablespoon hot sauce
1 tablespoon Worcestershire sauce
1/2 teaspoon Old Bay Seasoning
1/2 cup vodka (optional), chilled
salt & pepper
celery, lemon wheels and pickled okra (for garnish)

In a punch bowl or pitcher, combine the vegetable juice, pepper, lime juice, hot sauce, Worcestershire sauce, Old Bay seasoning and, if desired, the vodka.

Rim the glasses in salt and pepper, if desired.

Serve the punch over ice with any garnish such as celery, lemon wheels and pickled okra.

Per Serving (excluding unknown items): 42 Calories; trace Fat (5.1% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 524mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	42
% Calories from Fat:	5.1%
% Calories from Carbohydrates:	85.3%
% Calories from Protein:	9.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	11g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	524mg
Potassium (mg):	271mg
Calcium (mg):	49mg
Iron (mg):	3mg
Zinc (mg):	trace
Vitamin C (mg):	52mg
Vitamin A (i.u.):	76IU
Vitamin A (r.e.):	11RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 42 **Calories from Fat:** 2

% Daily Values*

Total Fat trace 0%Saturated Fat trace 0%**Cholesterol** 0mg 0%**Sodium** 524mg 22%**Total Carbohydrates** 11g 4%Dietary Fiber 2g 8%**Protein** 1g

Vitamin A 2%**Vitamin C** 87%**Calcium** 5%**Iron** 16%

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