

City Grocery Bloody Marys

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Servings: 6

4 cups V8 juice
1 3/4 cups vodka (good quality)
3 tablespoons Worcestershire sauce
5 teaspoons horseradish
2 1/2 teaspoons shallots, finely
grated
1 1/2 teaspoons garlic, minced
2 tablespoons dill pickle juice
2 teaspoons Tabasco sauce
3/4 teaspoon celery seeds
2 1/2 teaspoons fresh pepper
1 1/2 teaspoons Kosher salt
grated zest of one lime
grated zest of one lemon
juice of one lime
juice of one lemon
6 pods pickled okra
12 cocktail onions
6 pitted olives (good quality)
6 lime wedges

Preparation Time: 20 minutes

In a large pitcher, combine the V8 juice, vodka, Worcestershire, horseradish, garlic, pickle juice, Tabasco, celery seeds, pepper, salt, zest of the lemon and lime and the juices of the lemon and lime. Stir well to combine. Place the pitcher in a refrigerator and let chill.

Fill six short glasses with ice. Skewer one okra pod, two onions and one olive on six skewers. Place one skewer in each glass.

Pour the chilled mixture over the ice. Sprinkle a little fresh pepper on the top of each drink. Top with a lime wedge.

Per Serving (excluding unknown items): 22 Calories; trace Fat (4.2% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 597mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	22	Vitamin B6 (mg):	trace
% Calories from Fat:	4.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	84.8%	Thiamin B1 (mg):	trace

% Calories from Protein:	10.9%
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):	1g
Protein (g):	1g
Sodium (mg):	597mg
Potassium (mg):	142mg
Calcium (mg):	33mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	23mg
Vitamin A (i.u.):	250IU
Vitamin A (r.e.):	26 1/2RE

Riboflavin B2 (mg):	trace
Folacin (mcg):	8mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 22	Calories from Fat: 1
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% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 597mg	25%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	3%
Protein 1g	
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Vitamin A	5%
Vitamin C	38%
Calcium	3%
Iron	5%

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