

Cheesy Mary

A brunch classic with a three-cheese garnish, savory sipping and snacks, all in one!



INGREDIENTS

(Serves 4)

U.S. Aged White Cheddar	60g
U.S. Colby	60g
U.S. Pepper Jack	60g
Celery Salt	15g
Ice	Fill glasses
Premium Vodka	240ml
Tomato Juice	800ml
Capsicum Hot Sauce (like Tabasco)	To taste
Worcestershire Sauce	40ml
Celery Stalk, with leaves	4
Lime, single coin for garnish	4
Stuffed Green Olive	4
Pickled Cocktail Onion	4

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 60 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 430mg 18%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 2g

Vitamin A 4% • Vitamin C 20%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories 61kcal

Total Fat 2g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 7mg

Total Carbohydrates 3g

Dietary Fiber 0g

Sugars 1g

Protein 2g

Calcium 55mg

Magnesium 2mg

Phosphorus 14mg

Potassium 95mg

Sodium 430mg

Iron 0mg

Vitamin A 183IU

Vitamin C 11mg

PREPARATION

1. Cut all three cheeses into rectangles 15g each, about 1cm x 2cm x 3cm.
2. Dip the moistened rim of a pint glass in celery salt.
3. Fill with ice.
4. Add vodka (60ml each), hot sauce, Worcestershire sauce (10ml each) and tomato juice (200ml each) then stir.
5. On a garnish pick, skewer aged white cheddar cheese, olive, colby cheese, pickled onion and pepper jack cheese and set across glass with cheese dangling in the drink.
6. Add celery stalk and lime coin.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.