

## A Proper “Classic” Martini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



176 kcal

BEVERAGE

DRINK

### Ingredients

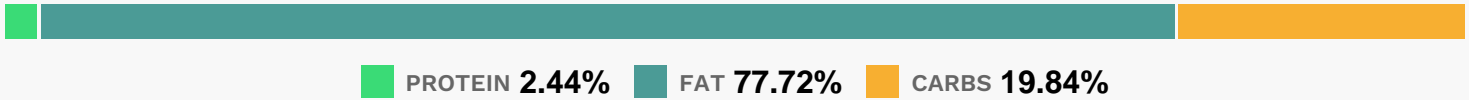
- ☐ 0.5 ounce vermouth dry (noilly prat)
- ☐ 2 ounce hendrick's gin (tanqueray, bombay sapphire, beefeater or plymouth)
- ☐ 1 serving olives to taste
- ☐ 1 dash orange-bitters

### Equipment

### Directions

- ☐
- Rub the rim of a chilled cocktail glass with a lemon twist.Fill a mixing glass 3/4 full of cracked ice.
- ☐
- Add the gin, vermouth and bitters. Stir for at least 20 seconds. Strain into the prepared cocktail glass.
- ☐
- Garnish with olives speared on a cocktail pick. Drop in the lemon twist if you like also.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:0.72652174095097%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

## Nutrients (% of daily need)

Calories: 176.07kcal (8.8%), Fat: 3.06g (4.71%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.24g (0.26%), Cholesterol: 0mg (0%), Sodium: 312.57mg (13.59%), Alcohol: 20.73g (100%), Alcohol %: 28.6% (100%), Protein: 0.22g (0.43%), Vitamin E: 0.76mg (5.08%), Fiber: 0.66g (2.64%), Copper: 0.04mg (1.8%), Vitamin A: 78.6IU (1.57%), Calcium: 10.4mg (1.04%)