

Bitter orange & cardamom martinis



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



220 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 cardamom pods
- ☐ 6 tbsp orange marmalade plus more to serve
- ☐ 400 ml vodka
- ☐ 4 tbsp juice of lemon
- ☐ 6 servings ice cubes
- ☐ 125 ml frangelico
- ☐ 125 ml frangelico

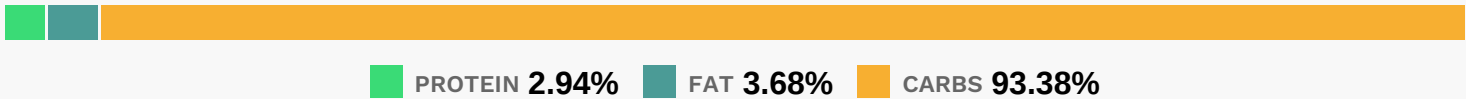
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Bash 6 cardamom pods in a pestle and mortar until they split.
- ☐ Melt the marmalade in a pan, then whisk in the vodka.
- ☐ Add the crushed pods. Dont boil the mix, simply warm it for a few mins. Leave to infuse off the heat for 20 mins, then strain.
- ☐ Add the Cointreau and lemon juice and chill (or keep in the freezer).
- ☐ Serve in glasses with a little more marmalade in the bottom, ice and a cardamom pod floating on top.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:3.8917390380217%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 220.06kcal (11%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 15.4g (5.6%), Sugar: 12.25g (13.61%), Cholesterol: 0mg (0%), Sodium: 15.5mg (0.67%), Alcohol: 22.59g (100%), Alcohol %: 18.16% (100%), Protein: 0.53g (1.05%), Manganese: 1.13mg (56.26%), Vitamin C: 5.67mg (6.87%), Fiber: 1.29g (5.16%), Iron: 0.6mg (3.35%), Magnesium: 10.72mg (2.68%), Copper: 0.05mg (2.53%), Calcium: 25.2mg (2.52%), Zinc: 0.32mg (2.12%), Potassium: 63.14mg (1.8%), Phosphorus: 12.1mg (1.21%), Vitamin B2: 0.02mg (1.09%)