



Blood Orange Martinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 slices garnish: blood orange
- ☐ 4 cups blood orange juice
- ☐ 1 cup orange juice
- ☐ 2 cups seltzer water orange-flavored
- ☐ 0.5 cup sugar
- ☐ 6 servings optional: sanding sugar black
- ☐ 0.5 cup water

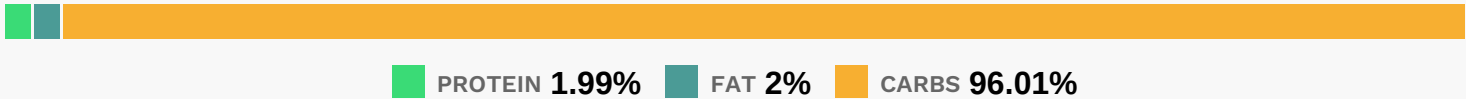
Equipment

☐ sauce pan

Directions

- ☐ In a large pitcher, combine first 3 ingredients and Simple Syrup. Cover and chill until ready to serve.
- ☐ Garnish, if desired.
- ☐ Serve in sugar-rimmed glasses, if desired (see Note). Makes 4 1/2 cups.
- ☐ Bring the sugar and water to a boil in a sauce pan. Boil, stirring often, 3 minutes or until sugar dissolves and syrup is reduced to 2/3 cup.
- ☐ Remove from heat; cool completely. Store in refrigerator. Makes 2/3 cup.

Nutrition Facts



Properties

Glycemic Index:39.11, Glycemic Load:28.87, Inflammation Score:-6, Nutrition Score:7.6778260599012%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 20.39mg, Hesperetin: 20.39mg, Hesperetin: 20.39mg, Hesperetin: 20.39mg Naringenin: 3.9mg, Naringenin: 3.9mg, Naringenin: 3.9mg, Naringenin: 3.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 307.01kcal (15.35%), Fat: 0.54g (0.84%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 58.69g (19.56%), Net Carbohydrates: 58.3g (21.2%), Sugar: 55.38g (61.53%), Cholesterol: 0mg (0%), Sodium: 22.63mg (0.98%), Alcohol: 10.23g (100%), Alcohol %: 3.88% (100%), Caffeine: 10.23mg (3.41%), Protein: 1.22g (2.44%), Vitamin C: 83.91mg (101.71%), Folate: 50.3µg (12.57%), Vitamin B1: 0.15mg (10.16%), Potassium: 348.84mg (9.97%), Vitamin A: 335.92IU (6.72%), Magnesium: 20.59mg (5.15%), Copper: 0.1mg (4.97%), Vitamin B3: 0.72mg (3.62%), Vitamin B2: 0.06mg (3.57%), Vitamin B6: 0.07mg (3.38%), Vitamin B5: 0.32mg (3.2%), Phosphorus: 30.79mg (3.08%), Calcium: 24.33mg (2.43%), Iron: 0.38mg (2.1%), Manganese: 0.03mg (1.62%), Fiber: 0.39g (1.55%), Zinc: 0.18mg (1.2%)