



Blueberry Martini Cordials



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



18

CALORIES



19 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 oz blueberries
- ☐ 0.3 cup vodka flavored
- ☐ 18 rum
- ☐ 18 blueberries
- ☐ 1 serving thyme sprigs
- ☐ 1 serving powdered sugar
- ☐ 1 serving frangelico

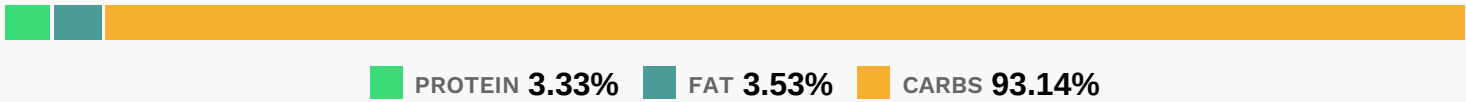
Equipment

- ☐ bowl
- ☐ toothpicks

Directions

- ☐ In small bowl, mix yogurt and vodka until well blended.
- ☐ Spoon yogurt mixture into cordial cups.
- ☐ Place blueberries onto toothpicks; place in cups.
- ☐ Garnish each with mint sprig and a sprinkle of powdered sugar.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:0.42173912975451%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 3.39mg, Petunidin: 3.39mg, Petunidin: 3.39mg, Petunidin: 3.39mg Delphinidin: 3.81mg, Delphinidin: 3.81mg, Delphinidin: 3.81mg, Delphinidin: 3.81mg Malvidin: 7.27mg, Malvidin: 7.27mg, Malvidin: 7.27mg, Malvidin: 7.27mg Peonidin: 2.18mg, Peonidin: 2.18mg, Peonidin: 2.18mg, Peonidin: 2.18mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 18.69kcal (0.93%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 0.23mg (0.01%), Alcohol: 1.37g (100%), Alcohol %: 11.17% (100%), Protein: 0.08g (0.17%), Vitamin K: 2.07µg (1.98%), Manganese: 0.04mg (1.86%), Vitamin C: 1.13mg (1.37%), Fiber: 0.27g (1.06%)