



Cantaloupe Martini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces pre-cut cantaloupe (recommended: Ready Pac)
- ☐ 4 servings ice cubes
- ☐ 1 juice of lime juiced sliced for garnish
- ☐ 4 servings melon liqueur (recommended: Midori)
- ☐ 2 tablespoons sugar
- ☐ 4 servings melon vodka
- ☐ 1 cup water cold

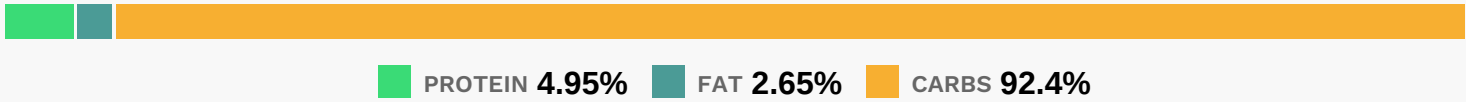
Equipment

- ☐ blender
- ☐ measuring cup

Directions

- ☐ Chill 4 martini glasses.
- ☐ In a blender, add water, cantaloupe, sugar, and lime. Puree in blender until liquid consistency. Strain into a measuring cup. Fill a martini shaker with ice cubes.
- ☐ Pour in 1 part melon vodka to 2 parts cantaloupe juice. Shake vigorously.
- ☐ To serve, pour into chilled martini glasses.
- ☐ Garnish with a slice of lime or drizzle lemon liqueur over the top and let sink to the bottom.

Nutrition Facts



Properties

Glycemic Index:38.15, Glycemic Load:8.41, Inflammation Score:-9, Nutrition Score:4.9365216856417%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 58.87kcal (2.94%), Fat: 0.18g (0.27%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.2g (4.8%), Sugar: 13.18g (14.64%), Cholesterol: 0mg (0%), Sodium: 31.49mg (1.37%), Alcohol: 0.5g (100%), Alcohol %: 0.29% (100%), Protein: 0.75g (1.49%), Vitamin A: 2880.09IU (57.6%), Vitamin C: 11.52mg (13.96%), Copper: 0.09mg (4.66%), Potassium: 142.43mg (4.07%), Magnesium: 12.81mg (3.2%), Folate: 12.66µg (3.16%), Vitamin B3: 0.6mg (3%), Vitamin B1: 0.04mg (2.91%), Fiber: 0.71g (2.84%), Zinc: 0.39mg (2.62%), Vitamin K: 2.34µg (2.23%), Selenium: 1.49µg (2.13%), Iron: 0.33mg (1.85%), Vitamin B6: 0.04mg (1.84%), Manganese: 0.04mg (1.82%), Phosphorus: 15.56mg (1.56%), Vitamin B2: 0.03mg (1.49%), Calcium: 12.22mg (1.22%)