

Chai Martini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



137 kcal

BEVERAGE

DRINK

Ingredients



2 fluid ounces chai tea cold



2 fluid ounces vodka

Equipment

Directions



Pour the vodka and chai into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted. Strain into a chilled martini glass to serve.

Nutrition Facts

PROTEIN 0% FAT 0% CARBS 100%

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:0.45304347833861%

Flavonoids

Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 4.76mg, Epigallocatechin: 4.76mg, Epigallocatechin: 4.76mg, Epigallocatechin: 4.76mg Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg, Epicatechin: 1.26mg Epicatechin 3-gallate: 3.47mg, Epicatechin 3-gallate: 3.47mg, Epicatechin 3-gallate: 3.47mg, Epicatechin 3-gallate: 3.47mg Epigallocatechin 3-gallate: 5.54mg, Epigallocatechin 3-gallate: 5.54mg, Epigallocatechin 3-gallate: 5.54mg, Epigallocatechin 3-gallate: 5.54mg Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg Thearubigins: 48.08mg, Thearubigins: 48.08mg, Thearubigins: 48.08mg, Thearubigins: 48.08mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg, Theaflavin-3,3'-digallate: 1.03mg Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg, Theaflavin-3'-gallate: 0.89mg Gallocatechin: 0.74mg, Gallocatechin: 0.74mg, Gallocatechin: 0.74mg, Gallocatechin: 0.74mg

Nutrients (% of daily need)

Calories: 137.2kcal (6.86%), Fat: 0g (0%), Saturated Fat: 0g (0.01%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 2.37mg (0.1%), Alcohol: 19.75g (100%), Alcohol %: 21.17% (100%), Caffeine: 11.83mg (3.94%), Protein: 0g (0%), Manganese: 0.13mg (6.48%)