



Concord Grape Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



176 kcal

BEVERAGE

DRINK

Ingredients

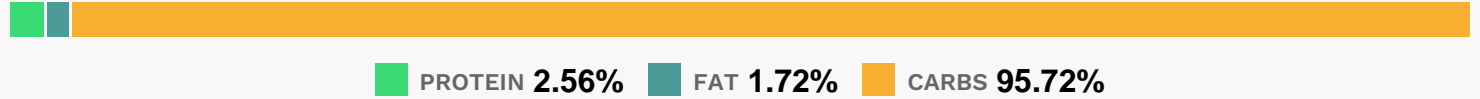
- 2 ounces hendrick's gin
- 1.5 ounces grape juice unsweetened
- 3 grapes whole for garnish
- 1 serving ice cubes
- 2 dashes orange bitters

Equipment

Directions

- Pour the gin, grape juice, and bitters into a cocktail shaker filled with ice. Shake vigorously until well chilled, then strain into a cocktail glass.
- Garnish with skewered grapes, if desired.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:1.19, Inflammation Score:-2, Nutrition Score:1.0613043452411%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 4.75mg, Malvidin: 4.75mg, Malvidin: 4.75mg, Malvidin: 4.75mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 176.36kcal (8.82%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 9.7g (3.53%), Sugar: 8.62g (9.58%), Cholesterol: 0mg (0%), Sodium: 5.79mg (0.25%), Alcohol: 19.84g (100%), Alcohol %: 14.6% (100%), Protein: 0.27g (0.53%), Manganese: 0.12mg (6.12%), Copper: 0.05mg (2.38%), Vitamin K: 2.36µg (2.25%), Potassium: 74.01mg (2.11%), Magnesium: 5.86mg (1.47%), Vitamin B1: 0.02mg (1.4%), Vitamin B6: 0.03mg (1.35%), Vitamin B2: 0.02mg (1.13%), Phosphorus: 11.22mg (1.12%), Iron: 0.18mg (1.02%)