



Double-Berry Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



92 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups club soda cold
- 6 cranberries frozen
- 2 cups low-calorie cranberry juice cocktail
- 0.5 cup vodka
- 2 cups water

Equipment

Directions

- Empty drink mix into 2-qt. glass or plastic pitcher.
- Add water, juice cocktail and vodka; stir until mix is dissolved.
- Refrigerate 1 hour or until chilled.
- Stir in club soda just before serving.
- Pour over cranberries in martini glasses.

Nutrition Facts

PROTEIN 0.04% **FAT 1.65%** **CARBS 98.31%**

Properties

Glycemic Index:20, Glycemic Load:6.87, Inflammation Score:-2, Nutrition Score:2.3486956483482%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.84mg, Peonidin: 0.84mg, Peonidin: 0.84mg, Peonidin: 0.84mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 92.2kcal (4.61%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 11.51g (3.83%), Net Carbohydrates: 11.47g (4.17%), Sugar: 10.08g (11.2%), Cholesterol: 0mg (0%), Sodium: 22.41mg (0.97%), Alcohol: 6.68g (100%), Alcohol %: 3.22% (100%), Protein: 0g (0.01%), Vitamin C: 35.81mg (43.41%), Manganese: 0.04mg (2.24%), Copper: 0.03mg (1.42%), Vitamin E: 0.2mg (1.32%)