



## Easy Watermelon Martini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



188 kcal

BEVERAGE

DRINK

### Ingredients



0.5 cup ice cubes or as needed



1.5 fluid ounce jigger vodka



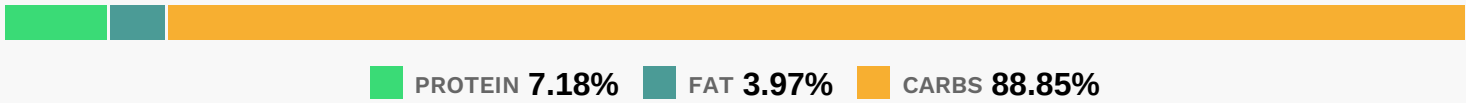
1 slice watermelon

### Equipment

### Directions

Place watermelon in a cocktail shaker and crush with a muddler; add ice cubes and vodka.  
Cover shaker and shake well. Strain cocktail into a martini glass.

## Nutrition Facts



## Properties

Glycemic Index:89.67, Glycemic Load:15.27, Inflammation Score:-8, Nutrition Score:5.9317390646624%

## Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg

## Nutrients (% of daily need)

Calories: 188.26kcal (9.41%), Fat: 0.43g (0.66%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 20.45g (7.44%), Sugar: 17.73g (19.7%), Cholesterol: 0mg (0%), Sodium: 9.22mg (0.4%), Alcohol: 14.81g (100%), Alcohol %: 4.19% (100%), Protein: 1.74g (3.49%), Vitamin A: 1627.34IU (32.55%), Vitamin C: 23.17mg (28.08%), Potassium: 320.76mg (9.16%), Magnesium: 29.78mg (7.45%), Copper: 0.14mg (7.17%), Vitamin B1: 0.1mg (6.44%), Vitamin B6: 0.13mg (6.43%), Vitamin B5: 0.63mg (6.32%), Manganese: 0.11mg (5.43%), Fiber: 1.14g (4.58%), Iron: 0.69mg (3.84%), Vitamin B2: 0.06mg (3.72%), Phosphorus: 33.68mg (3.37%), Vitamin B3: 0.51mg (2.55%), Calcium: 23.57mg (2.36%), Folate: 8.58µg (2.14%), Zinc: 0.3mg (1.99%), Selenium: 1.14µg (1.63%)