



Fresh Tomato-Basil Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



5

CALORIES



187 kcal

BEVERAGE

DRINK

Ingredients

- 5 medium basil
- 1.5 pounds heirloom tomatoes cored cut into large chunks
- 5 servings ice cubes
- 0.5 teaspoon kosher salt as needed plus more
- 5 optional: lemon
- 10 ounces vodka

Equipment

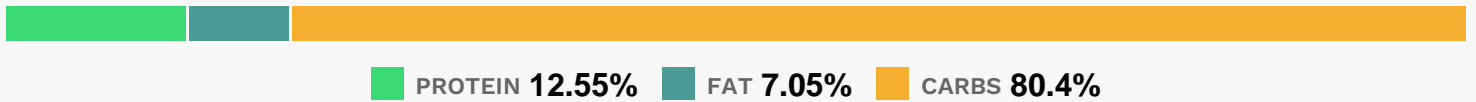
- bowl

- sieve
- potato masher
- spatula

Directions

- Place the tomatoes and measured salt in a medium bowl and smash with a potato masher until the skins separate from the flesh and seeds.
- Place the mixture in a fine-mesh strainer set over a medium bowl. Using the potato masher, firmly press out as much juice as possible (be careful not to break the strainer). Switch to a rubber spatula and continue to press until only solids remain. Scrape the bottom of the strainer and discard the solids. You should have almost 1 cup of juice; set aside.
- Place 5 martini glasses in the freezer to chill. To make 1 drink, place 2 ounces of the vodka, 1 1/2 ounces of the tomato juice, and 1 basil leaf in a cocktail shaker. Muddle until the basil is just crushed and fragrant.
- Add ice to fill the shaker halfway and shake until the outside is frosted, about 30 seconds. Strain into 1 of the chilled glasses and garnish with a lemon twist and a pinch of salt. Repeat to make 4 more drinks.

Nutrition Facts



Properties

Glycemic Index: 29.7, Glycemic Load: 3.19, Inflammation Score: -8, Nutrition Score: 10.504782598952%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 186.88kcal (9.34%), Fat: 0.6g (0.92%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 10.71g (3.89%), Sugar: 6.28g (6.98%), Cholesterol: 0mg (0%), Sodium: 244.89mg (10.65%), Alcohol:

18.94g (100%), Alcohol %: 6.71% (100%), Protein: 2.4g (4.8%), Vitamin C: 75.95mg (92.07%), Vitamin A: 1178.39IU (23.57%), Fiber: 4.66g (18.65%), Potassium: 473.34mg (13.52%), Vitamin K: 12.41µg (11.82%), Vitamin B6: 0.2mg (9.79%), Manganese: 0.19mg (9.64%), Folate: 32.56µg (8.14%), Copper: 0.14mg (6.83%), Vitamin B1: 0.1mg (6.43%), Magnesium: 24.43mg (6.11%), Vitamin E: 0.9mg (6%), Iron: 1.04mg (5.75%), Phosphorus: 53mg (5.3%), Vitamin B3: 0.92mg (4.6%), Calcium: 44.22mg (4.42%), Vitamin B5: 0.33mg (3.27%), Vitamin B2: 0.05mg (3.04%), Zinc: 0.31mg (2.04%)