



Frosty Lemon Martini



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



184 kcal

BEVERAGE

DRINK

Ingredients

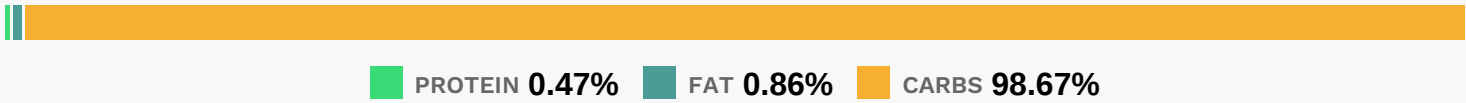
- ☐ 1 cup ice crushed
- ☐ 4 teaspoons juice of lemon
- ☐ 2 strips lemon zest thin (3 in. long)
- ☐ 2 servings lemon wedges
- ☐ 2 tablespoons pear liqueur lemon-flavored chilled (1 oz.; see notes)
- ☐ 1 tablespoon sugar
- ☐ 6 tablespoons vodka lemon-flavored chilled (3 oz.; see notes)

Equipment

Directions

- ☐ Pour sugar onto a small, rimmed plate. Rub rims of two martini glasses with lemon wedge to moisten, then dip rims into sugar to coat (see notes).
- ☐ Place ice in a cocktail shaker.
- ☐ Add vodka, liqueur, and lemon juice. Shake until mixture is very cold, about 10 seconds. Strain into glasses.
- ☐ Garnish each with a twist of lemon peel.

Nutrition Facts



Properties

Glycemic Index:55.3, Glycemic Load:4.21, Inflammation Score:-2, Nutrition Score:0.57782609461118%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 184.4kcal (9.22%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.03%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.56g (4.57%), Sugar: 12.06g (13.4%), Cholesterol: 0mg (0%), Sodium: 6.6mg (0.29%), Alcohol: 21g (100%), Alcohol %: 13.57% (100%), Protein: 0.06g (0.12%), Vitamin C: 5.69mg (6.9%), Copper: 0.03mg (1.34%)