

Ginger Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



42 min.

SERVINGS



1

CALORIES



1154 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups ginger fresh with peel, 8 ounces coarsely chopped
- 1 serving ice cubes
- 1 optional: lemon
- 1 serving twist of lemon
- 0.5 teaspoon juice of lime freshly squeezed
- 1 cup sugar
- 3 ounces vodka
- 2 cups water

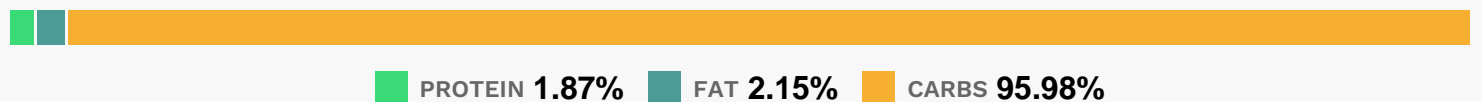
Equipment

- food processor
- sauce pan
- peeler

Directions

- Fill a cocktail shaker or small pitcher with ice.
- Add the vodka, ginger syrup, and lime juice. Cover and shake vigorously, or stir, until combined and chilled, about 30 seconds. (In general, by the time the shaker mists up the drink is ready.) Strain into a chilled cocktail glass.
- Add twist and serve.
- Remove the outer peel of the lemon with a vegetable peeler, taking care not to include too much of the bitter white pith. Finely chop the lemon peel and ginger in a food processor.
- Transfer the lemon-ginger mixture to a medium saucepan, add the sugar and water and bring to a boil. Reduce heat, and simmer, partially covered, for 15 minutes. Strain the mixture and cool. Cover and refrigerate for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:151.09, Glycemic Load:146.07, Inflammation Score:-9, Nutrition Score:13.873912995924%

Flavonoids

Eriodictyol: 24.62mg, Eriodictyol: 24.62mg, Eriodictyol: 24.62mg, Eriodictyol: 24.62mg Hesperetin: 32.31mg, Hesperetin: 32.31mg, Hesperetin: 32.31mg, Hesperetin: 32.31mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 1154.04kcal (57.7%), Fat: 2.43g (3.73%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 244.25g (81.42%), Net Carbohydrates: 237.18g (86.25%), Sugar: 205.78g (228.65%), Cholesterol: 0mg (0%), Sodium: 56.62mg (2.46%), Alcohol: 28.41g (100%), Alcohol %: 3.2% (100%), Protein: 4.77g (9.54%), Vitamin C: 71.3mg (86.42%), Copper: 0.58mg (29.22%), Fiber: 7.07g (28.28%), Potassium: 963.28mg (27.52%), Magnesium: 97.25mg (24.31%), Manganese: 0.48mg (24.13%), Vitamin B6: 0.4mg (20.01%), Iron: 1.95mg (10.85%), Phosphorus: 88.28mg (8.83%), Folate: 34.02µg (8.51%), Calcium: 78.85mg (7.88%), Vitamin B2: 0.13mg (7.8%), Vitamin B3: 1.56mg (7.79%), Vitamin B1: 0.1mg (6.59%), Vitamin B5: 0.61mg (6.11%), Zinc: 0.8mg (5.31%), Vitamin E: 0.68mg (4.51%), Selenium: 3.01µg (4.3%)