

Heirloom Martini



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



192 kcal

BEVERAGE

DRINK

Ingredients

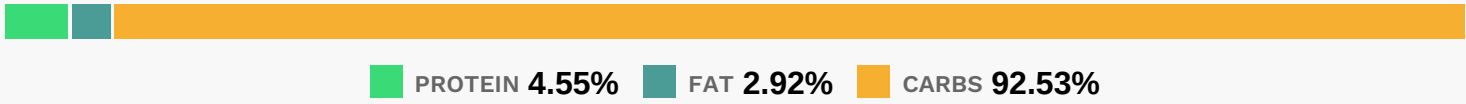
- ☐ 1 sprig basil fresh plus more leaves, for garnish
- ☐ 2 ounces premium gin
- ☐ 0.3 piece heirloom tomatoes
- ☐ 1 serving ice cubes
- ☐ 0.5 juice of lemon juiced
- ☐ 0.5 ounce liqueur orange flavored (recommended: Cointreau)

Equipment

Directions

- ☐ In a pint glass or a Boston shaker, muddle the tomato and basil.
- ☐ Add ice, the gin, lemon juice and orange liqueur. Shake and strain into a chilled martini glass.
- ☐ Garnish with a basil leaf.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:2.3847826187215%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 192.41kcal (9.62%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.41g (2.69%), Sugar: 6.71g (7.46%), Cholesterol: 0mg (0%), Sodium: 5.13mg (0.22%), Alcohol: 24.66g (100%), Alcohol %: 17.9% (100%), Protein: 0.39g (0.77%), Vitamin C: 10.38mg (12.58%), Vitamin K: 10.73µg (10.22%), Vitamin A: 362.55IU (7.25%), Manganese: 0.07mg (3.5%), Potassium: 95.36mg (2.72%), Copper: 0.05mg (2.46%), Folate: 8.97µg (2.24%), Fiber: 0.45g (1.78%), Vitamin B6: 0.04mg (1.76%), Magnesium: 6.12mg (1.53%), Vitamin E: 0.2mg (1.36%), Vitamin B1: 0.02mg (1.27%), Phosphorus: 11.97mg (1.2%), Vitamin B3: 0.22mg (1.11%), Iron: 0.18mg (1.01%)