

Holiday Martinis



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



3 min.

SERVINGS



1

CALORIES



245 kcal

BEVERAGE

DRINK

Ingredients

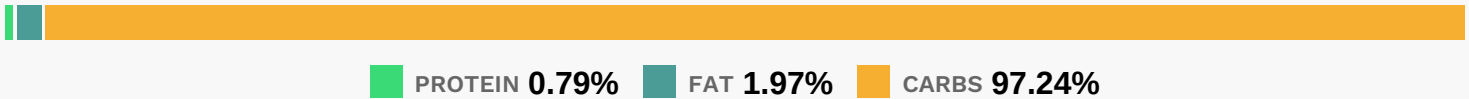
- ☐ 0.3 cup cranberry juice cocktail
- ☐ 0.3 cup grand marnier
- ☐ 1 serving garnish: twist of lime
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup cranberry liqueur

Equipment

Directions

- ☐ Combine first 4 ingredients in a martini shaker; add ice cubes to fill container. Cover with lid, and shake 30 seconds or until thoroughly chilled.
- ☐ Remove lid, and strain into a martini glass.
- ☐ Serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:137, Glycemic Load:7.95, Inflammation Score:-4, Nutrition Score:3.926086925942%

Flavonoids

Cyanidin: 11.92mg, Cyanidin: 11.92mg, Cyanidin: 11.92mg, Cyanidin: 11.92mg Delphinidin: 1.93mg, Delphinidin: 1.93mg, Delphinidin: 1.93mg, Delphinidin: 1.93mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 12.64mg, Peonidin: 12.64mg, Peonidin: 12.64mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg, Epicatechin: 1.93mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 244.61kcal (12.23%), Fat: 0.32g (0.49%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 34.22g (12.45%), Sugar: 30.47g (33.86%), Cholesterol: 0mg (0%), Sodium: 7.35mg (0.32%), Alcohol: 15.34g (100%), Alcohol %: 10.21% (100%), Caffeine: 15.34mg (5.11%), Protein: 0.29g (0.57%), Vitamin C: 45.71mg (55.41%), Manganese: 0.14mg (7.19%), Fiber: 1.16g (4.62%), Vitamin E: 0.56mg (3.76%), Copper: 0.05mg (2.73%), Vitamin K: 2.23µg (2.12%), Potassium: 74.2mg (2.12%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.73mg (1.43%), Iron: 0.23mg (1.29%), Vitamin B6: 0.02mg (1.15%), Phosphorus: 10.49mg (1.05%)