



## Joan's Pomegranate Martini

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



2

CALORIES



244 kcal

BEVERAGE

DRINK

### Ingredients

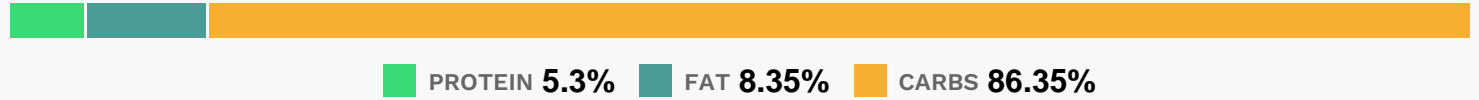
- 1 cup ice cubes crushed
- 1 wedge lemon fresh
- 1 fluid ounce liqueur orange-flavored
- 1.5 fluid ounce jigger pomegranate juice
- 2 servings pomegranate seeds
- 1 fluid ounce seltzer water
- 3 fluid ounces citron vodka

### Equipment

# Directions

- Combine pomegranate juice, vodka, orange liqueur, and ice in a shaker.
- Add sparkling water and a little lemon juice, if desired. Shake vigorously, and strain into a martini glass.
- Garnish with pomegranate seeds.

# Nutrition Facts



# Properties

Glycemic Index:53.75, Glycemic Load:8.72, Inflammation Score:-4, Nutrition Score:5.0156521709717%

# Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

# Nutrients (% of daily need)

Calories: 243.64kcal (12.18%), Fat: 1.11g (1.71%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 22.07g (8.02%), Sugar: 20.69g (22.99%), Cholesterol: 0mg (0%), Sodium: 14.25mg (0.62%), Alcohol: 20.78g (100%), Alcohol %: 8.49% (100%), Protein: 1.59g (3.17%), Vitamin C: 13.67mg (16.57%), Vitamin K: 16.57µg (15.79%), Fiber: 3.75g (15.02%), Folate: 39.37µg (9.84%), Copper: 0.17mg (8.48%), Potassium: 265.94mg (7.6%), Manganese: 0.13mg (6.37%), Vitamin B1: 0.07mg (4.5%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.41mg (4.08%), Vitamin B6: 0.08mg (4.07%), Phosphorus: 37.42mg (3.74%), Magnesium: 14.04mg (3.51%), Vitamin B2: 0.05mg (3.2%), Zinc: 0.36mg (2.38%), Iron: 0.34mg (1.91%), Calcium: 17.77mg (1.78%), Vitamin B3: 0.32mg (1.58%)