



Joan's Pomegranate Martini

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



241 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup ice cubes crushed
- 1 fluid ounce liqueur orange-flavored
- 1.5 fluid ounce jigger pomegranate juice
- 2 servings pomegranate seeds
- 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:41, Glycemic Load:8.57, Inflammation Score:-3, Nutrition Score:4.5813043894975%

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 Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 241.03kcal (12.05%), Fat: 1.08g (1.66%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 21.48g (7.81%), Sugar: 20.47g (22.74%), Cholesterol: 0mg (0%), Sodium: 10.96mg (0.48%), Alcohol: 20.78g (100%), Alcohol %: 9.19% (100%), Protein: 1.49g (2.97%), Vitamin K: 16.57µg (15.79%), Fiber: 3.5g (14.01%), Vitamin C: 8.9mg (10.78%), Folate: 38.38µg (9.6%), Copper: 0.17mg (8.27%), Potassium: 253.22mg (7.23%), Manganese: 0.12mg (6.23%), Vitamin B1: 0.06mg (4.26%), Vitamin E: 0.61mg (4.04%), Vitamin B5: 0.39mg (3.91%), Vitamin B6: 0.07mg (3.71%), Phosphorus: 35.98mg (3.6%), Magnesium: 13.18mg (3.29%), Vitamin B2: 0.05mg (3.09%), Zinc: 0.34mg (2.24%), Iron: 0.29mg (1.6%), Vitamin B3: 0.31mg (1.53%), Calcium: 14.69mg (1.47%)