Juice of a Few Flowers

Vegetarian · Vegan · Gluten Free · Dairy Free

READY IN	SERVINGS	CALORIES
15 min.	4	223 kcal

BEVERAGE · DRINK

Ingredients

- [ ] 4 servings granulated sugar
- [ ] 0.5 cup pink grapefruit juice freshly squeezed (1 grapefruit)
- [ ] 0.3 cup juice of lemon freshly squeezed (1 lemon)
- [ ] 4 servings extra lemon juice
- [ ] 0.3 cup juice of lime freshly squeezed (2 limes)
- [ ] 4 servings mint sprigs fresh
- [ ] 0.5 cup orange juice freshly squeezed (2 oranges)
- [ ] 1 cup vodka good (recommended: Grey Goose or Finlandia)

Equipment

Directions

- [ ] Combine the orange juice, grapefruit juice, lemon juice, lime juice, and vodka, if using, in a pitcher. Dip the rim of 6 martini glasses first in a dish with lemon juice and then a dish with sugar. Set aside to dry.
- [ ] When ready to serve, place ice cubes in a cocktail shaker, add the cocktail mixture to fill the shaker 3/4 full, and shake for about 30 seconds. It's important to shake for a full 30 seconds to get the drink very cold and dilute it slightly with the ice.
- [ ] Pour into the sugared martini glasses and garnish with a sprig of mint. Continue filling the shaker with ice and cocktail mixture until all the drinks are poured.
- [ ] Serve ice cold.

Nutrition Facts

PROTEIN **2.61%** FAT **2.17%** CARBS **95.22%**

Properties

Glycemic Index:46.27, Glycemic Load:11.58, Inflammation Score:-5, Nutrition Score:3.5504347400173%

Flavonoids

Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 9.54mg, Hesperetin: 9.54mg, Hesperetin: 9.54mg, Hesperetin: 9.54mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 223.46kcal (11.17%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 21.96g (7.32%), Net Carbohydrates: 21.64g (7.87%), Sugar: 18.84g (20.94%), Cholesterol: 0mg (0%), Sodium: 2.54mg (0.11%), Alcohol: 20.04g (100%), Alcohol %: 14.2% (100%), Protein: 0.6g (1.2%), Vitamin C: 40mg (48.48%), Potassium: 165.17mg (4.72%), Folate: 18.59µg (4.65%), Vitamin B1: 0.04mg (2.85%), Magnesium: 10.19mg (2.55%), Vitamin A: 115.92IU (2.32%), Phosphorus: 16.78mg (1.68%), Vitamin B6: 0.03mg (1.67%), Copper: 0.03mg (1.63%), Iron: 0.28mg (1.56%), Vitamin B5: 0.15mg (1.5%), Vitamin B2: 0.03mg (1.49%), Vitamin B3: 0.28mg (1.39%), Fiber: 0.32g (1.29%), Calcium: 12.25mg (1.23%), Manganese: 0.02mg (1.15%)