



Kumquat Martini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



223 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 mint leaves fresh
- ☐ 1 serving ice cubes crushed
- ☐ 2 kumquats sliced
- ☐ 1 Tbsp super simple syrup
- ☐ 0.3 cup vodka

Equipment

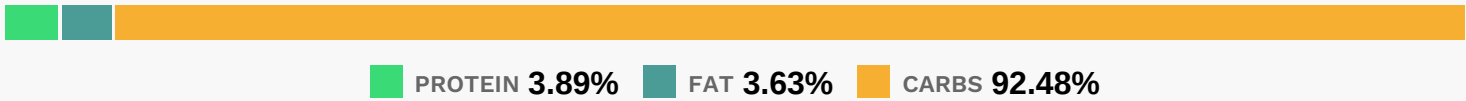
- ☐ wooden spoon

Directions

- ☐
- Combine first 3 ingredients in a cocktail shaker. Press leaves and kumquat slices against bottom of shaker using a muddler or back of a wooden spoon to release flavors; add ice and vodka. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a chilled martini glass.

☐

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:3.6021738939959%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 21.81mg, Naringenin: 21.81mg, Naringenin: 21.81mg, Naringenin: 21.81mg Apigenin: 8.58mg, Apigenin: 8.58mg, Apigenin: 8.58mg, Apigenin: 8.58mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg

Nutrients (% of daily need)

Calories: 222.88kcal (11.14%), Fat: 0.37g (0.58%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 18.54g (6.74%), Sugar: 18.2g (20.22%), Cholesterol: 0mg (0%), Sodium: 17.6mg (0.77%), Alcohol: 20.04g (100%), Alcohol %: 20.48% (100%), Protein: 0.9g (1.8%), Vitamin C: 18.27mg (22.15%), Fiber: 2.87g (11.48%), Iron: 1.31mg (7.26%), Vitamin A: 322.6IU (6.45%), Manganese: 0.11mg (5.51%), Calcium: 38.34mg (3.83%), Vitamin B2: 0.06mg (3.75%), Magnesium: 13.61mg (3.4%), Potassium: 112.33mg (3.21%), Vitamin B1: 0.05mg (3.14%), Copper: 0.06mg (3.14%), Folate: 12.16µg (3.04%), Phosphorus: 15.47mg (1.55%), Vitamin B3: 0.27mg (1.34%), Zinc: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.01%)