



Lemon Cream Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



370 kcal

BEVERAGE

DRINK

Ingredients

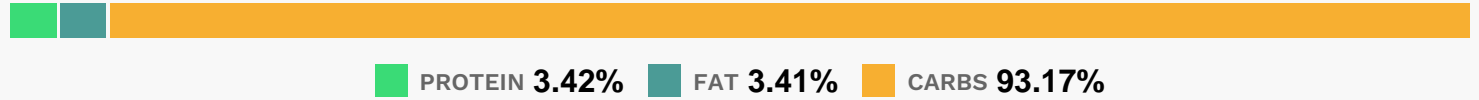
- 1 serving blueberries for garnish
- 1 serving ice cubes
- 1 drop lemon rimmer (recommended: Stirrings)
- 1 serving splash lemon-lime soda (recommended: Sprite or 7-Up)
- 0.5 shot limoncello
- 2 shots vanilla vodka (recommended: Stoli)

Equipment

Directions

- Wet the rim of a martini glass and coat with lemon drop rimmer.
- Add vanilla vodka and limoncello to a martini shaker filled with ice. Shake and strain into martini glass.
- Add a splash of lemon-lime soda and garnish with fresh blueberries.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:7.18, Inflammation Score:-7, Nutrition Score:5.6113043958726%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg

Nutrients (% of daily need)

Calories: 369.93kcal (18.5%), Fat: 0.49g (0.76%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 26.61g (9.68%), Sugar: 23.32g (25.92%), Cholesterol: 0mg (0%), Sodium: 5.29mg (0.23%), Alcohol: 36.69g (100%), Alcohol %: 14.68% (100%), Protein: 1.11g (2.21%), Vitamin K: 28.56µg (27.2%), Manganese: 0.5mg (24.88%), Vitamin C: 14.89mg (18.04%), Fiber: 3.58g (14.32%), Vitamin E: 0.85mg (5.63%), Copper: 0.1mg (5.13%), Vitamin B1: 0.06mg (3.97%), Vitamin B2: 0.07mg (3.95%), Vitamin B6: 0.08mg (3.89%), Potassium: 116.24mg (3.32%), Vitamin B3: 0.62mg (3.1%), Iron: 0.43mg (2.39%), Magnesium: 9.53mg (2.38%), Folate: 8.99µg (2.25%), Phosphorus: 22.36mg (2.24%), Vitamin B5: 0.19mg (1.85%), Zinc: 0.24mg (1.62%), Vitamin A: 80.14IU (1.6%), Calcium: 10.84mg (1.08%)