



Lemon-Tea-Thyme Martinis



Vegetarian



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



285 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 oz vodka
- ☐ 1 ginger tea bags
- ☐ 0.3 cup sugar
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup honey
- ☐ 0.3 cup ice cubes
- ☐ 4 sprigs thyme sprigs fresh
- ☐ 4 slices optional: lemon thin

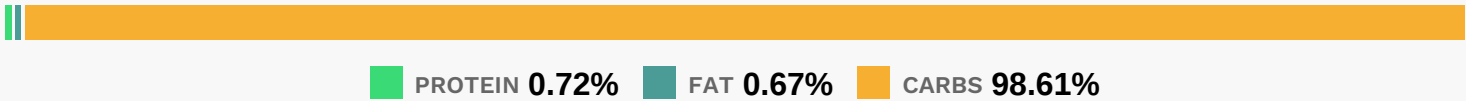
Equipment

☐ blender

Directions

- ☐ In airtight jar or container, place vodka and tea bag; let stand to steep 2 hours.
- ☐ Moisten rim of each of 4 martini glasses with water. Dip each rim in sugar; set aside.
- ☐ In blender, place lemon juice, honey and ice. Cover; blend until ice is finely chopped.
- ☐ Pour evenly into glasses.
- ☐ Remove tea bag from vodka.
- ☐ Add 3 tablespoons (1 1/2 oz) vodka to each drink.
- ☐ Garnish each with fresh thyme and 1 lemon slice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.97, Glycemic Load:27.1, Inflammation Score:-7, Nutrition Score:2.0026086879813%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 6.37mg, Hesperetin: 6.37mg, Hesperetin: 6.37mg, Hesperetin: 6.37mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 284.93kcal (14.25%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 49.86g (18.13%), Sugar: 48.21g (53.56%), Cholesterol: 0mg (0%), Sodium: 3.52mg (0.15%), Alcohol: 14.2g (100%), Alcohol %: 11.87% (100%), Protein: 0.37g (0.73%), Vitamin C: 17.33mg (21%), Manganese: 0.06mg (2.87%), Iron: 0.43mg (2.39%), Fiber: 0.51g (2.05%), Folate: 8.17µg (2.04%), Potassium: 69.88mg (2%), Vitamin B2: 0.03mg (1.89%), Copper: 0.04mg (1.79%), Vitamin B6: 0.03mg (1.66%), Magnesium: 4.99mg (1.25%), Calcium: 10.81mg (1.08%), Vitamin A: 50.88IU (1.02%)