



Marthatini

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving ice cubes
- 2 cups simple syrup glaze mixed for drinks
- 1 cup juice of lemon freshly squeezed
- 2 tablespoons pomegranate juice
- 0.5 cup st. germain chilled
- 2 cups vodka chilled
- 1 serving mint leaves fresh for serving

Equipment

bowl

Directions

Fill a large pitcher or punch bowl with ice cubes.

Add simple syrup, lime or lemon juice, pomegranate juice, St. Germain, and vodka or gin; stir to combine.

Place mint sprigs in martini glasses; pour over drink.

Serve.

Nutrition Facts

PROTEIN 0.17% **FAT 0.27%** **CARBS 99.56%**

Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.6099999631229%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 427.75kcal (21.39%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 69.97g (23.32%), Net Carbohydrates: 69.86g (25.4%), Sugar: 68.59g (76.21%), Cholesterol: 0mg (0%), Sodium: 50.49mg (2.2%), Alcohol: 20.04g (100%), Alcohol %: 12.68% (100%), Protein: 0.12g (0.23%), Iron: 3.07mg (17.07%), Vitamin C: 11.85mg (14.36%), Vitamin B1: 0.12mg (8.03%), Vitamin B2: 0.06mg (3.54%), Potassium: 93.71mg (2.68%), Magnesium: 10.68mg (2.67%), Folate: 7.13µg (1.78%), Copper: 0.03mg (1.5%), Calcium: 13.7mg (1.37%), Phosphorus: 12.68mg (1.27%), Zinc: 0.18mg (1.2%)