



Martinique Cocktail

 Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



183 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 ounce st. germain
- 1 serving ice cubes
- 1.5 ounces rum light
- 1 ounce juice of lime freshly squeezed

Equipment

Directions

Place all of the measured ingredients in a cocktail shaker and fill the shaker halfway with ice. Shake vigorously until chilled. Strain over fresh ice into a chilled cocktail glass.

Nutrition Facts

PROTEIN 1.1% **FAT 0.41%** **CARBS 98.49%**

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.85956523113925%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 182.57kcal (9.13%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 10.52g (3.83%), Sugar: 8.65g (9.61%), Cholesterol: 0mg (0%), Sodium: 3.79mg (0.16%), Alcohol: 14.2g (100%), Alcohol %: 12.15% (100%), Protein: 0.12g (0.24%), Vitamin C: 8.5mg (10.31%), Copper: 0.03mg (1.28%)