

No Gin Martini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon juniper berries
- ☐ 1 lemon twist as garnish
- ☐ 0.3 ounce ginger simple syrup
- ☐ 3 ounce spring water

Equipment

Directions

- ☐
- Bring the spring water to a simmer, do not boi.
- ☐
- Add the juniper berries, allowing the flavors to steep at least 2 hours, or up to overnight.In a cocktail shaker half-filled with ice, add the juniper infused water and the ginger simple syrup. Cover & shake vigorously.Strain into a cocktail glass.
- ☐
- Garnish with a lemon twist.

Nutrition Facts

PROTEIN

6.11%

FAT

29.51%

CARBS

64.38%

Properties

Glycemic Index:25.5, Glycemic Load:1.8, Inflammation Score:-4, Nutrition Score:5.2395651146122%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 137.99kcal (6.9%), Fat: 5.12g (7.88%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 22.13g (8.05%), Sugar: 7.89g (8.76%), Cholesterol: 0mg (0%), Sodium: 10.52mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 57.24mg (69.38%), Fiber: 3.02g (12.1%), Iron: 0.9mg (5.02%), Potassium: 153.51mg (4.39%), Vitamin B6: 0.09mg (4.32%), Vitamin B1: 0.05mg (3.49%), Calcium: 31.55mg (3.16%), Folate: 11.88µg (2.97%), Copper: 0.05mg (2.75%), Magnesium: 10.2mg (2.55%), Vitamin B5: 0.21mg (2.05%), Phosphorus: 17.85mg (1.78%), Manganese: 0.03mg (1.62%), Vitamin B2: 0.03mg (1.52%), Vitamin E: 0.16mg (1.08%)