

Original Martini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



188 kcal

BEVERAGE

DRINK

Ingredients

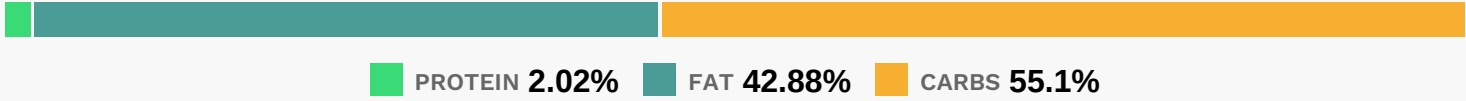
- ☐ 1.5 ounces london gin dry
- ☐ 1 serving olive green for garnish
- ☐ 1 piece lemon zest
- ☐ 1 dash orange bitters
- ☐ 1 teaspoon simple syrup glaze
- ☐ 1.5 ounces vermouth sweet

Equipment

Directions

☐ In mixing glass or cocktail shaker filled with ice, combine gin, vermouth, bitters, and simple syrup. Stir well, about 20 seconds, then strain into cocktail coupe or martini glass. Twist lemon peel directly over drink to release essential oils, garnish with green olive, and serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.5152173748483%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 187.66kcal (9.38%), Fat: 3.08g (4.74%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.6g (2.76%), Sugar: 5.61g (6.24%), Cholesterol: 0mg (0%), Sodium: 316.85mg (13.78%), Alcohol: 18.69g (100%), Alcohol %: 19.9% (100%), Protein: 0.33g (0.65%), Vitamin C: 7.74mg (9.38%), Fiber: 1.3g (5.18%), Vitamin E: 0.78mg (5.18%), Iron: 0.41mg (2.31%), Copper: 0.04mg (1.99%), Calcium: 19.35mg (1.93%), Vitamin A: 81.6IU (1.63%), Vitamin B1: 0.02mg (1.3%)