



Pomegranate Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



389 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup pomegranate juice fresh (or bottled)
- 0.5 cup vodka
- 0.5 cup triple sec
- 1 teaspoon juice of lime fresh
- 1 slices pomegranate seeds fresh for garnish, optional

Equipment

- sieve

Directions

- Fill martini shaker or 3-cup covered container half full with ice.
- Add all ingredients except pomegranate seeds and lime slices; cover and shake.
- Pour into a martini or other tall glass.
- Pour through a strainer to keep the ice out of the glass.
- Garnish with lime slice, sugar rim, or even fresh pomegranate seeds in the drink!

Nutrition Facts

PROTEIN 0.71% **FAT 3.31%** **CARBS 95.98%**

Properties

Glycemic Index:41, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:2.736956499112%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 388.59kcal (19.43%), Fat: 0.55g (0.84%), Saturated Fat: 0.16g (1%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 35.46g (12.89%), Sugar: 34.8g (38.66%), Cholesterol: 0mg (0%), Sodium: 16.59mg (0.72%), Alcohol: 35.38g (100%), Alcohol %: 18.19% (100%), Caffeine: 15.34mg (5.11%), Protein: 0.26g (0.53%), Vitamin K: 13.05µg (12.42%), Potassium: 288.83mg (8.25%), Folate: 30.32µg (7.58%), Manganese: 0.13mg (6.47%), Vitamin B5: 0.36mg (3.6%), Vitamin E: 0.48mg (3.21%), Copper: 0.06mg (2.86%), Magnesium: 10.74mg (2.69%), Vitamin B6: 0.05mg (2.56%), Phosphorus: 20.76mg (2.08%), Vitamin B3: 0.38mg (1.9%), Vitamin B2: 0.03mg (1.8%), Vitamin B1: 0.03mg (1.67%), Calcium: 14.69mg (1.47%), Vitamin C: 0.93mg (1.12%)