



Pomegranate Martini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

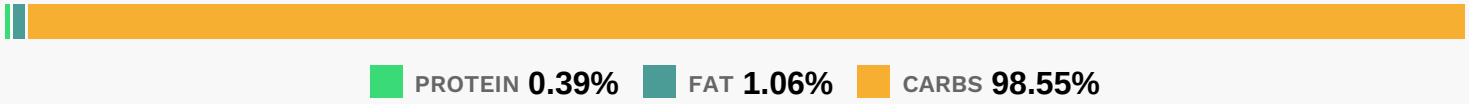
- ☐ 1 slices garnish: lemon
- ☐ 1 tablespoon orange liqueur
- ☐ 3 tablespoons pomegranate juice chilled
- ☐ 2 tablespoons simple syrup glaze
- ☐ 0.3 cup vodka orange-flavored

Equipment

Directions

- ☐
- Combine first 4 ingredients in a shaker filled with ice. Shake well, and strain into a chilled martini glass.
- ☐
- Garnish with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:2.0169565352895%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 318.38kcal (15.92%), Fat: 0.19g (0.3%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 40.31g (14.66%), Sugar: 39.87g (44.3%), Cholesterol: 0mg (0%), Sodium: 29.13mg (1.27%), Alcohol: 23.94g (100%), Alcohol %: 18.24% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.16g (0.32%), Iron: 1.54mg (8.56%), Vitamin C: 3.75mg (4.55%), Vitamin K: 4.61µg (4.39%), Vitamin B1: 0.07mg (4.34%), Potassium: 134.89mg (3.85%), Folate: 11.42µg (2.85%), Manganese: 0.05mg (2.34%), Vitamin B2: 0.04mg (2.24%), Magnesium: 8.12mg (2.03%), Copper: 0.03mg (1.6%), Vitamin B5: 0.14mg (1.4%), Phosphorus: 13.1mg (1.31%), Calcium: 12.05mg (1.2%), Vitamin E: 0.18mg (1.19%), Vitamin B6: 0.02mg (1.17%)