

Pumpkin Martini

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



375 kcal

BEVERAGE

DRINK

Ingredients

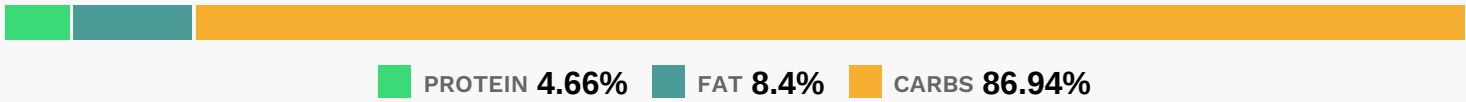
- ☐ 2 tablespoon pumpkin puree canned
- ☐ 1.5 ounce creme de cacao liqueur
- ☐ 1 ounce milk
- ☐ 1 star anise
- ☐ 3 ounce vanilla vodka

Equipment

Directions

- ☐
- In a cocktail shaker half filled with ice cubes, shake milk, pumpkin puree and star anise to combine.
- ☐
- Let the flavors infuse about 2 minutes, then pour in the vodka and the creme de cacao and shake well. Strain into a martini glass.
- ☐
- Garnish with a cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:6.6352174204329%

Nutrients (% of daily need)

Calories: 374.6kcal (18.73%), Fat: 1.15g (1.77%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 25.77g (9.37%), Sugar: 14.47g (16.08%), Cholesterol: 3.4mg (1.13%), Sodium: 13.28mg (0.58%), Alcohol: 36.49g (100%), Alcohol %: 24.74% (100%), Protein: 1.44g (2.87%), Vitamin A: 4717.94IU (94.36%), Calcium: 49.13mg (4.91%), Phosphorus: 47.79mg (4.78%), Vitamin K: 4.89µg (4.65%), Iron: 0.8mg (4.42%), Fiber: 1.02g (4.06%), Vitamin B2: 0.06mg (3.78%), Manganese: 0.07mg (3.44%), Potassium: 119.58mg (3.42%), Magnesium: 12mg (3%), Vitamin B12: 0.15µg (2.55%), Copper: 0.05mg (2.5%), Vitamin B5: 0.23mg (2.34%), Vitamin E: 0.33mg (2.21%), Vitamin D: 0.31µg (2.08%), Vitamin B1: 0.03mg (2.05%), Vitamin B6: 0.04mg (2.03%), Vitamin C: 1.47mg (1.78%), Zinc: 0.22mg (1.47%), Selenium: 0.71µg (1.01%)