



Raspberry Martini fizz



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



53 kcal

BEVERAGE

DRINK

Ingredients

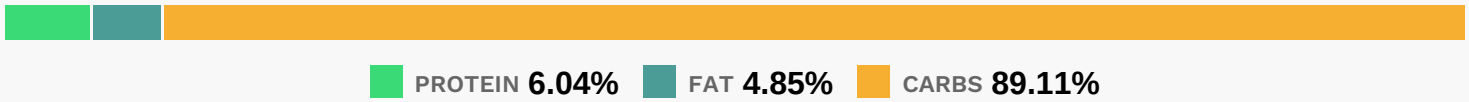
- ☐ 350 ml red-leaf lettuce
- ☐ 150 ml hendrick's gin
- ☐ 4 tsp powdered sugar
- ☐ 24 raspberries frozen
- ☐ 2 bottles sparkling wine chilled

Equipment

Directions

- ☐ Mix the Martini and gin together and chill or store in a bottle if making ahead. If you have room in your fridge or freezer, chill your Champagne glasses, too.
- ☐ When your guests are due to arrive, spoon tsp icing sugar into 8 Champagne glasses.
- ☐ Pour over the Martini mixture, mix with a spoon and add the frozen raspberries. Top up with the sparkling wine just before serving.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:1.2239130547513%

Flavonoids

Cyanidin: 2.91mg, Cyanidin: 2.91mg, Cyanidin: 2.91mg, Cyanidin: 2.91mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 52.72kcal (2.64%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.64g (0.6%), Sugar: 1.52g (1.68%), Cholesterol: 0mg (0%), Sodium: 1.59mg (0.07%), Alcohol: 6.37g (100%), Alcohol %: 25.47% (100%), Protein: 0.14g (0.28%), Vitamin A: 389.9IU (7.8%), Vitamin K: 7.72µg (7.35%), Manganese: 0.05mg (2.71%), Vitamin C: 1.76mg (2.14%), Fiber: 0.44g (1.75%)