

Serena's Sake-tini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



189 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving ice cubes as needed
- 1 mint leaves fresh
- 0.3 cup pineapple juice
- 2 raspberries
- 1.5 ounces rice wine
- 1.5 ounces vodka

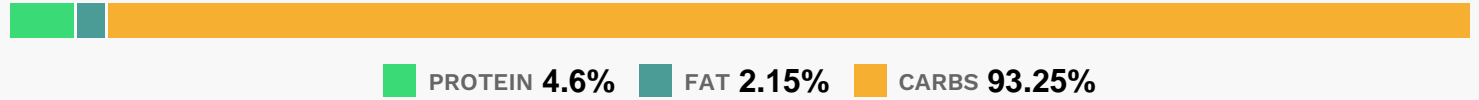
Equipment

- sieve

Directions

- Pour the vodka, sake, and pineapple juice into a cocktail shaker filled with ice. Shake vigorously!
- Garnish the rim of a martini glass with 1 raspberry and drop a mint leaf into the glass.
- Pour through a cocktail strainer into the prepared glass and serve immediately.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:3.49, Inflammation Score:-4, Nutrition Score:2.4113043300484%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 189.26kcal (9.46%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 9.89g (3.6%), Sugar: 6.07g (6.74%), Cholesterol: 0mg (0%), Sodium: 5.61mg (0.24%), Alcohol: 21.05g (100%), Alcohol %: 13.01% (100%), Protein: 0.51g (1.02%), Manganese: 0.34mg (16.8%), Vitamin C: 7.27mg (8.81%), Copper: 0.06mg (3.23%), Folate: 12.6µg (3.15%), Vitamin B6: 0.06mg (3.12%), Magnesium: 11.87mg (2.97%), Potassium: 99.49mg (2.84%), Vitamin B1: 0.04mg (2.56%), Fiber: 0.46g (1.83%), Iron: 0.31mg (1.71%), Calcium: 14.91mg (1.49%), Vitamin B2: 0.02mg (1.15%), Phosphorus: 11.29mg (1.13%)