



Sparkling Greyhound



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



8

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

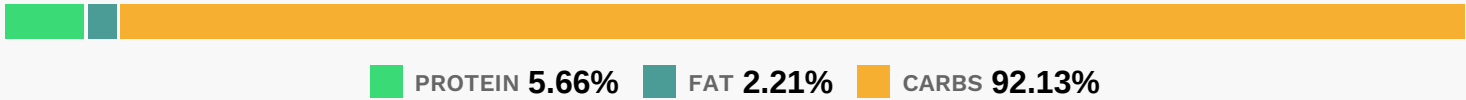
- ☐ 1 cup seltzer water chilled
- ☐ 1 grapefruit cut into 16 wedges
- ☐ 1.5 cups grapefruit juice unsweetened white
- ☐ 8 servings ice crushed
- ☐ 0.3 cup sea salt
- ☐ 1 cup vodka

Equipment

Directions

- ☐ Rub rims of 8 (8-ounce) martini glasses with 8 grapefruit wedges.
- ☐ Place sea salt into a shallow dish and dip martini-glass rims in the salt.
- ☐ Fill martini shaker halfway with crushed ice.
- ☐ Add 1/2 cup vodka and 3/4 cup grapefruit juice; shake to chill.
- ☐ Strain evenly into 4 of the martini glasses. Stir in 2 tablespoons club soda per glass. Repeat to make 8 drinks.
- ☐ Garnish glasses with grapefruit wedges.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:3.06, Inflammation Score:-4, Nutrition Score:2.3600000258049%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 10.44mg, Naringenin: 10.44mg, Naringenin: 10.44mg, Naringenin: 10.44mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 103.1kcal (5.15%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 7.78g (2.83%), Sugar: 7.07g (7.86%), Cholesterol: 0mg (0%), Sodium: 3544.11mg (154.09%), Alcohol: 10.02g (100%), Alcohol %: 8.7% (100%), Protein: 0.51g (1.02%), Vitamin C: 21.89mg (26.53%), Vitamin A: 371.1IU (7.42%), Potassium: 116.51mg (3.33%), Fiber: 0.56g (2.23%), Magnesium: 7.7mg (1.93%), Calcium: 14.28mg (1.43%), Iron: 0.24mg (1.33%), Vitamin B5: 0.13mg (1.28%), Folate: 5.05µg (1.26%), Phosphorus: 12.13mg (1.21%), Vitamin B1: 0.02mg (1.02%)