



Tamarind Martinis



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



159 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 servings ice cubes crushed
- ☐ 1 cup juice of lime fresh
- ☐ 0.5 cup sugar
- ☐ 4 ounces tamarind pulp unsweetened
- ☐ 1 cup vodka
- ☐ 0.5 cup water
- ☐ 2.5 cups water boiling

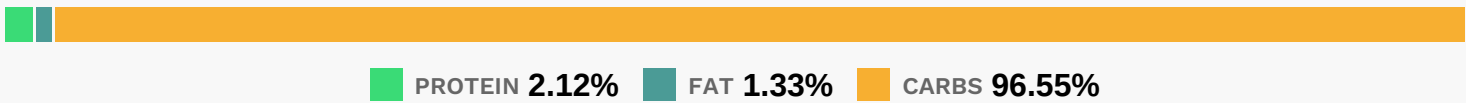
Equipment

- ☐ bowl
- ☐ sieve
- ☐ microwave

Directions

- ☐ Combine 2 1/2 cups boiling water and tamarind in a large bowl; let stand 10 minutes. Break tamarind into small pieces; let stand 5 minutes. Strain mixture through a sieve over a bowl, reserving liquid; discard solids.
- ☐ Combine 1/2 cup sugar and 1/2 cup water in a microwave-safe dish; microwave at HIGH for 2 minutes or until sugar dissolves, stirring once. Cool.
- ☐ Combine tamarind liquid, sugar syrup, vodka, and juice in a pitcher, stirring well.
- ☐ Add crushed ice; stir or shake well.
- ☐ Garnish rims of 8 martini glasses with sugar, if desired. Strain chilled martini mixture into prepared glasses; garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:14.01, Inflammation Score:-2, Nutrition Score:1.926956553822%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 158.87kcal (7.94%), Fat: 0.15g (0.22%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 23.01g (8.37%), Sugar: 18.49g (20.54%), Cholesterol: 0mg (0%), Sodium: 9.48mg (0.41%), Alcohol: 10.02g (100%), Alcohol %: 7.19% (100%), Protein: 0.52g (1.05%), Vitamin C: 9.57mg (11.6%), Vitamin B1: 0.07mg (4.65%), Magnesium: 16.36mg (4.09%), Potassium: 124.96mg (3.57%), Fiber: 0.84g (3.38%), Iron: 0.43mg (2.41%), Phosphorus: 21.75mg (2.18%), Copper: 0.04mg (1.93%), Vitamin B2: 0.03mg (1.8%), Calcium: 17.54mg (1.75%), Vitamin B3: 0.32mg (1.59%), Folate: 5.01µg (1.25%), Vitamin B6: 0.02mg (1.04%)