

Trim Raspberry Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



206 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 fluid ounces cranberry juice cocktail
- 1.5 fluid ounces pink lemonade kool-aid
- 1 fluid ounce triple sec
- 1 fluid ounce vodka

Equipment

Directions

Pour the vodka, triple sec, cranberry juice, and lemonade into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted. Strain into a chilled martini glass to serve.

Nutrition Facts

PROTEIN 0.14% **FAT 1.39%** **CARBS 98.47%**

Properties

Glycemic Index:139.5, Glycemic Load:7.22, Inflammation Score:-2, Nutrition Score:1.2721739058261%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 205.83kcal (10.29%), Fat: 0.13g (0.2%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 21.13g (7.68%), Sugar: 20.05g (22.27%), Cholesterol: 0mg (0%), Sodium: 6.36mg (0.28%), Alcohol: 17.56g (100%), Alcohol %: 15.06% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.03g (0.06%), Vitamin C: 18.76mg (22.74%), Manganese: 0.03mg (1.32%)