



## US Marine Corps Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



166 kcal

BEVERAGE

DRINK

### Ingredients

- 6 fluid ounce jiggers gin
- 3 cubes ice cubes
- 3 fluid ounce jiggers pale sherry dry
- 7.5 fluid ounce jiggers vodka
- 1.5 fluid ounces water

### Equipment

## Directions

- Pour vodka, gin, ice cubes, sherry, and water into a glass container and freeze until mix is slushy, at least 3 hours. At the same time, freeze martini glasses.
- Pour martinis into glasses, straining out any remaining ice cubes.

## Nutrition Facts

 **PROTEIN 2.62%**  **FAT 0%**  **CARBS 97.38%**

## Properties

Glycemic Index:7.5, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:0.22130434636189%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 165.81kcal (8.29%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 2.12mg (0.09%), Alcohol: 23.74g (100%), Alcohol %: 31.44% (100%), Protein: 0.01g (0.02%), Manganese: 0.02mg (1.13%)