



Watermelon and Basil Martini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 slices thinly- cucumber peeled
- ☐ 2 leaves basil fresh
- ☐ 1 cup ice cubes crushed
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 teaspoon simple syrup glaze equal parts water and sugar
- ☐ 4 fluid ounces watermelon vodka
- ☐ 1 tablespoon sugar white

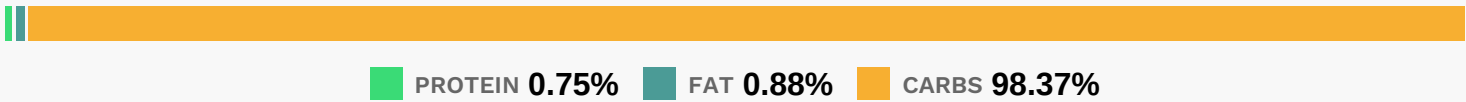
Equipment

☐ bowl

Directions

- ☐ Place 2 thin slices of cucumber in a bowl with basil leaves and sugar and smash with a fork until softened; pour in a teaspoon of watermelon vodka to loosen the mixture.
- ☐ Place crushed ice into a cocktail shaker and transfer cucumber-basil mixture into shaker; top with remaining watermelon vodka, lime juice, and simple syrup. Shake and strain into 2 chilled martini glasses; garnish each cocktail with 1 slice of peeled cucumber. Best enjoyed wearing flip-flops.

Nutrition Facts



Properties

Glycemic Index:85.05, Glycemic Load:4.21, Inflammation Score:-2, Nutrition Score:0.55999999266604%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 170.71kcal (8.54%), Fat: 0.04g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.84g (3.22%), Sugar: 8.69g (9.66%), Cholesterol: 0mg (0%), Sodium: 8.81mg (0.38%), Alcohol: 19.75g (100%), Alcohol %: 12.71% (100%), Protein: 0.07g (0.14%), Vitamin K: 2.59µg (2.47%), Copper: 0.03mg (1.68%), Vitamin C: 1.06mg (1.29%)