

Watermelon Martini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



209 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings ice cubes
- ☐ 2 tablespoons juice of lemon
- ☐ 1 bottle seltzer water
- ☐ 0.5 cup sugar
- ☐ 4 ounces citrus vodka
- ☐ 0.5 cup water
- ☐ 4 cups watermelon seedless cubed

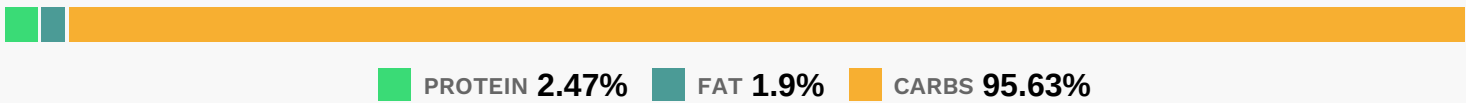
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saucepan combine the sugar with 1/2 cup water. Bring to a boil over medium heat, then remove from the heat and let cool.
- ☐ In a blender add the watermelon, 2 tablespoons of the sugar syrup and the lemon juice and puree until smooth. Strain through fine mesh sieve into a bowl and discard the pulp.
- ☐ Fill a pitcher with ice, add the watermelon mixture and stir until chilled.
- ☐ Pour into chilled martini glasses and top with seltzer.
- ☐ Add vodka, if desired.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:25.57, Inflammation Score:-6, Nutrition Score:3.4995651951303%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 208.99kcal (10.45%), Fat: 0.33g (0.5%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 36.26g (13.19%), Sugar: 34.56g (38.4%), Cholesterol: 0mg (0%), Sodium: 25.04mg (1.09%), Alcohol: 9.47g (100%), Alcohol %: 3.1% (100%), Protein: 0.95g (1.91%), Vitamin C: 15.21mg (18.44%), Vitamin A: 865.33IU (17.31%), Potassium: 180.52mg (5.16%), Copper: 0.09mg (4.43%), Magnesium: 17.39mg (4.35%), Vitamin B6: 0.07mg (3.59%), Vitamin B1: 0.05mg (3.56%), Vitamin B5: 0.35mg (3.46%), Manganese: 0.06mg (3.03%), Fiber: 0.63g

(2.52%), Vitamin B2: 0.04mg (2.34%), Iron: 0.4mg (2.19%), Phosphorus: 18.74mg (1.87%), Calcium: 18.34mg (1.83%), Zinc: 0.26mg (1.7%), Folate: 6.06µg (1.51%), Vitamin B3: 0.28mg (1.39%), Selenium: 0.77µg (1.09%)