



Watermelon Martinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 lemon twists for garnish
- ☐ 2 tablespoons juice of lemon
- ☐ 2 ounces melon liqueur
- ☐ 0.5 cup sugar
- ☐ 1.3 cups vodka
- ☐ 0.5 cup water
- ☐ 5 cups watermelon seeds removed

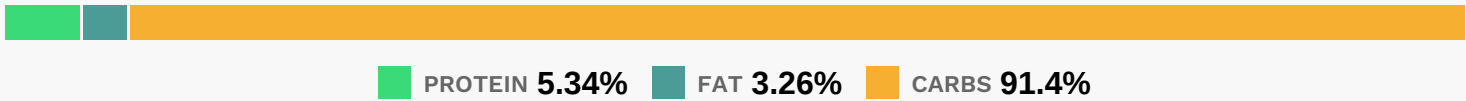
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Bring the sugar and water to a boil in a small saucepan and cook until the sugar has completely dissolved.
- ☐ Let cool.
- ☐ In a food processor, puree the watermelon flesh.
- ☐ Add a little of the sugar syrup to sweeten, to taste.
- ☐ Pour the pureed watermelon into 2 empty ice cube trays and freeze for at least 4 hours.
- ☐ In a blender combine the frozen watermelon cubes, more simple syrup, to taste, lemon juice and vodka, melon liqueur and blend until smooth.
- ☐ Pour into 8 frozen martini glasses and garnish with a lemon twist.

Nutrition Facts



Properties

Glycemic Index:23.16, Glycemic Load:15.59, Inflammation Score:-7, Nutrition Score:7.1578261010025%

Flavonoids

Eriodictyol: 23.25mg, Eriodictyol: 23.25mg, Eriodictyol: 23.25mg, Eriodictyol: 23.25mg Hesperetin: 30.67mg, Hesperetin: 30.67mg, Hesperetin: 30.67mg, Hesperetin: 30.67mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 214.32kcal (10.72%), Fat: 0.52g (0.79%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 29.13g (10.59%), Sugar: 23.74g (26.37%), Cholesterol: 0mg (0%), Sodium: 4.39mg (0.19%), Alcohol: 13.71g (100%), Alcohol %: 6.24% (100%), Protein: 1.9g (3.8%), Vitamin C: 66.39mg (80.47%), Fiber: 3.42g (13.66%), Vitamin A: 564.53IU (11.29%), Potassium: 259.93mg (7.43%), Vitamin B6: 0.13mg (6.54%), Vitamin B1:

0.08mg (5.16%), Iron: 0.89mg (4.94%), Magnesium: 18.51mg (4.63%), Copper: 0.09mg (4.37%), Vitamin B5: 0.42mg (4.2%), Folate: 15.48µg (3.87%), Calcium: 35.52mg (3.55%), Manganese: 0.07mg (3.47%), Phosphorus: 29.91mg (2.99%), Vitamin B2: 0.05mg (2.77%), Vitamin E: 0.22mg (1.43%), Vitamin B3: 0.28mg (1.4%), Selenium: 0.89µg (1.27%), Zinc: 0.16mg (1.1%)