



Zentini (Ginger Martini)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



1

CALORIES



1681 kcal

BEVERAGE

DRINK

Ingredients



1 piece ginger fresh sliced into coins



0.5 juice of lime juiced



1 sprig mint leaves fresh



2 cups sugar



2 ounces vodka (recommended: Grey Goose)



4 cups water

Equipment

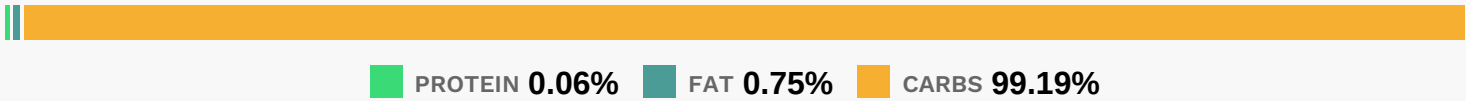


sauce pan

Directions

- ☐ To a martini shaker add, the vodka, ginger syrup, mint, and lime juice. Shake and serve in a chilled martini glass.
- ☐ In a small saucepan add the water, ginger and sugar. Stir to combine and bring to a boil. Continue to heat on a simmer to make a simple syrup, about 20 minutes. When ready, strain and transfer to a glass container and allow to cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:100.09, Glycemic Load:279.41, Inflammation Score:-1, Nutrition Score:2.0117391347885%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1681.02kcal (84.05%), Fat: 1.35g (2.08%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 401.06g (133.69%), Net Carbohydrates: 400.78g (145.74%), Sugar: 399.57g (443.97%), Cholesterol: 0mg (0%), Sodium: 53.4mg (2.32%), Alcohol: 18.94g (100%), Alcohol %: 1.68% (100%), Protein: 0.23g (0.46%), Copper: 0.21mg (10.41%), Vitamin C: 5.17mg (6.26%), Vitamin B2: 0.09mg (5.13%), Calcium: 38.04mg (3.8%), Magnesium: 14.47mg (3.62%), Selenium: 2.46µg (3.52%), Manganese: 0.05mg (2.32%), Potassium: 60.86mg (1.74%), Iron: 0.31mg (1.73%), Zinc: 0.18mg (1.21%), Fiber: 0.28g (1.12%)