



Cucumber-Aloe Cocktail

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup sports drink
- 2 teaspoons chartreuse
- 0.3 cup hendrick's gin
- 12 small shiso leaves fresh
- 6 tablespoons water

Equipment

- wooden spoon

Directions

- Using a muddler or the handle of a wooden spoon, crush and mash cucumber and shiso in a cocktail shaker.
- Add gin and mash again. Fill shaker halfway with ice cubes.
- Add tonic, aloe, and Chartreuse. Stir to blend well. Fill 2 Old Fashioned glasses with ice; strain cocktail into glasses.
- Bon Appétit

Nutrition Facts

 PROTEIN 0%  FAT 0%  CARBS 100%

Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.18434783217052%

Nutrients (% of daily need)

Calories: 89.21kcal (4.46%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.89g (2.11%), Cholesterol: 0mg (0%), Sodium: 10.07mg (0.44%), Alcohol: 12.73g (100%), Alcohol %: 13.97% (100%), Protein: 0g (0%), Calcium: 21.37mg (2.14%)