



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 aloe juice
- ☐ 2 teaspoons chartreuse liqueur
- ☐ 0.3 cup hendrick's gin
- ☐ 12 small shiso leaves fresh
- ☐ 6 tablespoons tonic water

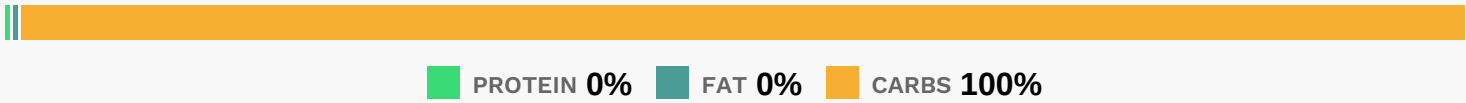
Equipment

- ☐ 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



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%)