



Cucumber Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings ice cubes for serving
- 0.5 cup cucumber juice
- 0.3 cup juice of lime fresh
- 1 Handful mint leaves fresh
- 0.3 cup simple syrup glaze (equal amounts sugar and water heated until sugar dissolves; cool)
- 1 cup cucumber vodka
- 1 cup tonic water

Equipment

Directions

- Watch how to make this recipe.
- Divide the ingredients in half, add each half to a cocktail shaker and shake to combine.
- Pour over rocks glasses filled with ice and serve.

Nutrition Facts

PROTEIN 0.64% **FAT 0.66%** **CARBS 98.7%**

Properties

Glycemic Index:13.94, Glycemic Load:1.4, Inflammation Score:-3, Nutrition Score:1.3147826071667%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg 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: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 214kcal (10.7%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 20.13g (7.32%), Sugar: 18.66g (20.73%), Cholesterol: 0mg (0%), Sodium: 20.43mg (0.89%), Alcohol: 20.04g (100%), Alcohol %: 10.44% (100%), Protein: 0.13g (0.26%), Vitamin C: 5.13mg (6.22%), Iron: 0.87mg (4.81%), Vitamin B1: 0.04mg (2.77%), Copper: 0.04mg (1.99%), Potassium: 68.57mg (1.96%), Manganese: 0.04mg (1.87%), Magnesium: 6.82mg (1.7%), Vitamin B2: 0.03mg (1.59%), Calcium: 13.22mg (1.32%), Vitamin A: 50.35IU (1.01%)