



Cucumber Cocktail with Chamomile Tonic



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



3 kcal

SIDE DISH

Ingredients

- ☐ 1.5 ounces bitter chamomile tonic
- ☐ 1 cup cucumber seedless unpeeled coarsely chopped
- ☐ 0.5 cup ice cubes
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon mint plus 1 mint sprig chopped for garnish
- ☐ 1 pinch salt

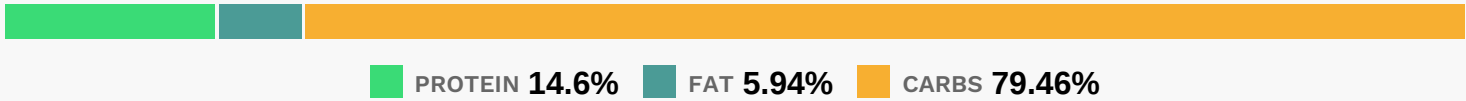
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine the cucumber, ice, Bitter Chamomile Tonic, chopped mint, lime juice and salt and puree.
- ☐ Pour into a tumbler, garnish with the mint sprig and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.72130434814355%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 3.01kcal (0.15%), Fat: 0.02g (0.04%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 5.07mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin C: 4.47mg (5.42%), Vitamin K: 1.71µg (1.63%), Folate: 4.51µg (1.13%), Vitamin A: 52.94IU (1.06%)