



Cucumber & coriander G&T



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



5 kcal

SIDE DISH

Ingredients

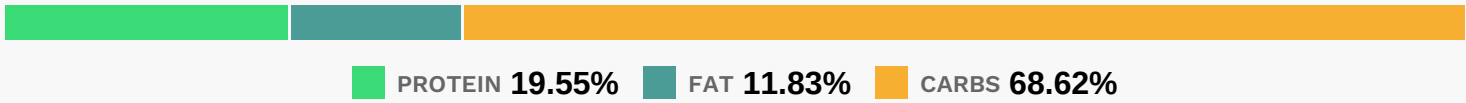
- ☐ 2 tbsp hendrick's gin (with cucumber)
- ☐ 9 servings coriander sprigs
- ☐ 1 stick chunky cucumber
- ☐ 1 serving tonic water

Equipment

Directions

- ☐
- Put the gin, a few ice cubes and the coriander sprigs into a tumbler glass.
- ☐
- Add a chunky stick of cucumber as a stirrer and top up with chilled tonic water. Give everything a good mix and enjoy.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.183043471497%

Flavonoids

Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 4.83kcal (0.24%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 13.01mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin K: 5.57µg (5.3%), Copper: 0.07mg (3.36%), Magnesium: 7.23mg (1.81%), Vitamin C: 1.48mg (1.79%), Vitamin A: 88.5IU (1.77%), Potassium: 57.13mg (1.63%), Manganese: 0.03mg (1.6%), Folate: 5.96µg (1.49%), Calcium: 13.1mg (1.31%), Fiber: 0.3g (1.18%), Vitamin B6: 0.02mg (1.05%)