

Cucumber Gimlets



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 large cucumbers ()
- ☐ 0.5 cup hendrick's gin
- ☐ 1 cup ice cubes
- ☐ 4 slices lime
- ☐ 4 teaspoons juice of lime fresh
- ☐ 1 tablespoon sugar

Equipment

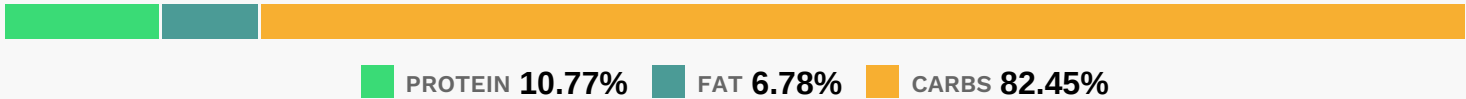
- ☐ bowl

☐ sieve

Directions

- ☐ Slice four 1/4-inch-thick slices from 1 cucumber. Peel and coarsely chop remaining cucumbers; transfer to processor and purée until smooth.
- ☐ Pour through fine strainer set over large bowl, pressing on solids in strainer. Discard solids in strainer.
- ☐ Mix 1 cup cucumber juice, gin, lime juice, and sugar in pitcher; stir until sugar dissolves.
- ☐ Add ice; mix well. Immediately strain mixture into 4 small Martini glasses.
- ☐ Garnish with lime and cucumber slices and serve.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:2.43, Inflammation Score:-3, Nutrition Score:3.1421739141578%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 99.2kcal (4.96%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.51g (2%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 6.21mg (0.27%), Alcohol: 10.02g (100%), Alcohol %: 5.33% (100%), Protein: 0.85g (1.71%), Vitamin K: 10.12µg (9.63%), Vitamin C: 6.27mg (7.6%), Copper: 0.12mg (5.87%), Potassium: 197.93mg (5.66%), Manganese: 0.11mg (5.43%), Folate: 20.18µg (5.05%), Magnesium: 17.85mg (4.46%), Fiber: 1.03g (4.11%), Vitamin B6: 0.07mg (3.7%), Vitamin B5: 0.34mg (3.44%), Phosphorus: 31.48mg (3.15%), Vitamin B1: 0.05mg (3.12%), Calcium: 22.43mg (2.24%), Vitamin B2: 0.04mg (2.22%), Vitamin A: 103.8IU (2.08%), Iron: 0.33mg (1.84%), Zinc: 0.26mg (1.74%)