



## Cucumber Gin & Tonic

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups club soda chilled
- 1 kirby cucumber
- 3 kirby cucumbers
- 2 cups hendrick's gin
- 1 lime
- 2 limes
- 0.5 cup tonic concentrate (such as Jack Rudy Cocktail Co. Small Batch Tonic)

### Equipment

bowl

sieve

## Directions

Cut 3 Kirby cucumbers into 1/2-inch-thick slices and 2 limes into 6 wedges; muddle in a bowl to release flavors. Stir in gin and tonic concentrate; let stand 30 minutes. Press through a fine wire-mesh strainer into a large container, using back of a spoon. Discard solids. Cover and chill 1 to 2 hours.

Cut 1 Kirby cucumber and 1 lime into 1/4-inch-thick slices. Fill a large pitcher with ice cubes; add cucumber and lime slices. Stir in gin mixture and chilled club soda.

## Nutrition Facts



**PROTEIN 15.28%** **FAT 7.14%** **CARBS 77.58%**

## Properties

Glycemic Index:38.5, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:12.013043413992%

## Flavonoids

Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 355.13kcal (17.76%), Fat: 0.73g (1.13%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 13.1g (4.76%), Sugar: 8.98g (9.98%), Cholesterol: 0mg (0%), Sodium: 291.77mg (12.69%), Alcohol: 40.08g (100%), Alcohol %: 8.18% (100%), Protein: 3.54g (7.07%), Vitamin C: 31.4mg (38.05%), Vitamin K: 25.64µg (24.41%), Potassium: 796.11mg (22.75%), Copper: 0.4mg (19.87%), Fiber: 4.85g (19.4%), Manganese: 0.34mg (17.24%), Vitamin A: 740.56IU (14.81%), Magnesium: 53.95mg (13.49%), Folate: 49.95µg (12.49%), Vitamin B6: 0.25mg (12.33%), Iron: 2mg (11.1%), Vitamin E: 1.61mg (10.73%), Phosphorus: 104.03mg (10.4%), Vitamin B1: 0.13mg (8.99%), Vitamin B5: 0.88mg (8.76%), Vitamin B2: 0.14mg (8.23%), Calcium: 76.29mg (7.63%), Zinc: 0.94mg (6.25%), Vitamin B3: 1.23mg (6.17%), Selenium: 2.24µg (3.2%)