



Cucumber, Ginger, and Sake Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



204 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons candied ginger finely chopped
- ☐ 1 lb cucumber seedless (usually plastic-wrapped)
- ☐ 2 tablespoons juice of lemon fresh to taste
- ☐ 720 ml rice wine dry chilled
- ☐ 0.7 cup sugar
- ☐ 2 cups water

Equipment

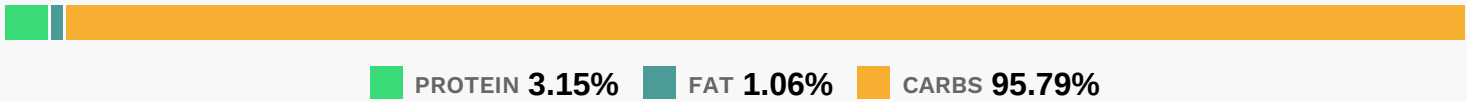
- ☐ sieve

☐ blender

Directions

- ☐ Cut cucumber crosswise into three equal pieces. Peel and chop 2 pieces, then put into a blender. Peel 4 lengthwise strips from remaining piece, leaving stripes of green, then halve piece lengthwise and core. Thinly slice crosswise.
- ☐ Add water, sugar, fresh ginger, and lemon juice to blender and purée until smooth.
- ☐ Pour through a medium-mesh sieve into a pitcher, then stir in sake, crystallized ginger if using, and cucumber slices. Chill, covered, until ready to serve, up to 2 hours.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:1.7743478339651%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 203.87kcal (10.19%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 25.16g (9.15%), Sugar: 19.57g (21.74%), Cholesterol: 0mg (0%), Sodium: 6.5mg (0.28%), Alcohol: 14.7g (100%), Alcohol %: 8.1% (100%), Protein: 0.84g (1.68%), Vitamin K: 9.3µg (8.86%), Vitamin C: 3.04mg (3.68%), Magnesium: 13.67mg (3.42%), Potassium: 110.37mg (3.15%), Manganese: 0.05mg (2.3%), Selenium: 1.55µg (2.22%), Copper: 0.04mg (2.13%), Phosphorus: 19.39mg (1.94%), Calcium: 15.8mg (1.58%), Vitamin B5: 0.15mg (1.52%), Iron: 0.26mg (1.45%), Vitamin B2: 0.02mg (1.32%), Vitamin B6: 0.02mg (1.22%), Vitamin A: 59.76IU (1.2%), Folate: 4.72µg (1.18%), Fiber: 0.29g (1.18%), Vitamin B1: 0.02mg (1.08%)