



Cucumber, Ginger, and Sake Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



205 kcal

BEVERAGE

DRINK

Ingredients

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

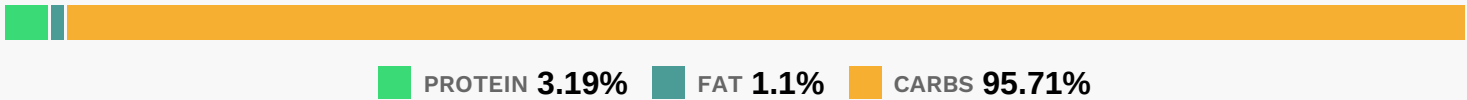
Equipment

- ☐ 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:10.64, Glycemic Load:11.66, Inflammation Score:-3, Nutrition Score:1.8108695622372%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg 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: 204.57kcal (10.23%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 25.29g (9.2%), Sugar: 19.58g (21.76%), Cholesterol: 0mg (0%), Sodium: 6.61mg (0.29%), Alcohol: 14.7g (100%), Alcohol %: 8.07% (100%), Protein: 0.85g (1.71%), Vitamin K: 9.3µg (8.86%), Vitamin C: 3.08mg (3.74%), Magnesium: 14.04mg (3.51%), Potassium: 114mg (3.26%), Manganese: 0.05mg (2.4%), Copper: 0.04mg (2.23%), Selenium: 1.56µg (2.23%), Phosphorus: 19.68mg (1.97%), Calcium: 15.94mg (1.59%), Vitamin B5: 0.15mg (1.54%), Iron: 0.27mg (1.48%), Vitamin B2: 0.02mg (1.34%), Vitamin B6: 0.03mg (1.29%), Fiber: 0.31g (1.25%), Vitamin A: 59.76IU (1.2%), Folate: 4.82µg (1.2%), Vitamin B1: 0.02mg (1.1%)