



Cucumber-Lemonade Mocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



10 kcal

BEVERAGE

DRINK

Ingredients

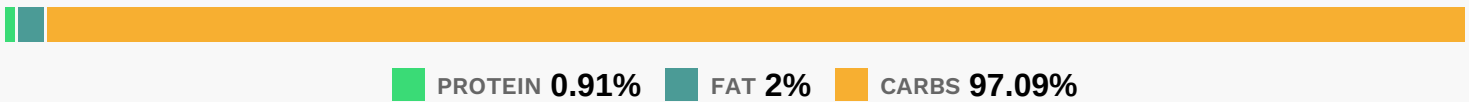
- ☐ 1 tablespoon agave syrup
- ☐ 0.3 cup club soda chilled
- ☐ 1 slice european cucumber paper-thin for garnish
- ☐ 0.3 teaspoon optional: dill finely chopped for garnish
- ☐ 10 servings ice cubes
- ☐ 0.3 cup cucumber juice fresh (see Note)
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 tablespoon juice of lime freshly squeezed

Equipment

Directions

- ☐
- Press the cucumber slice against the inside of a chilled highball glass and add ice. In a cocktail shaker, muddle the chopped dill, agave syrup, lemon and lime juices and 1 tablespoon of water until the syrup is dissolved.
- ☐
- Add ice, then add the cucumber juice and shake well. Strain into the prepared glass and stir in the club soda.
- ☐
- Garnish with the dill sprig.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:0.27173912873411%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 10.15kcal (0.51%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.52g (0.92%), Sugar: 2.1g (2.33%), Cholesterol: 0mg (0%), Sodium: 4.43mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Vitamin C: 1.47mg (1.78%)