



Cucumber-Lemonade Spritzers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

BEVERAGE

DRINK

Ingredients

- 6 tablespoons brown sugar
- 1.5 cups cucumber diced peeled
- 1 teaspoon ginger fresh minced peeled
- 0.3 cup juice of lemon fresh
- 2 cups seltzer water chilled
- 0.8 cup water

Equipment

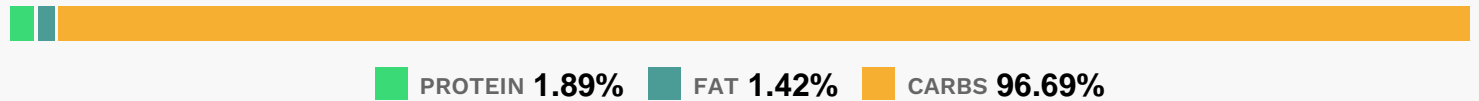
- sauce pan

- whisk
- blender

Directions

- Combine 3/4 cup water and sugar in a small saucepan. Bring to a boil; cook until sugar dissolves, stirring occasionally.
- Remove from heat; cool.
- Place sugar mixture, diced cucumber, lemon juice, and ginger in a blender; process until smooth. Cover and chill.
- Combine cucumber mixture and sparkling water in a pitcher; stir gently with a whisk until blended.
- Serve over ice; garnish each glass with a cucumber spear, if desired.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.0186956537806%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 79.26kcal (3.96%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 19.81g (7.2%), Sugar: 18.67g (20.74%), Cholesterol: 0mg (0%), Sodium: 33.37mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.79%), Vitamin C: 9.49mg (11.5%), Vitamin K: 3.59µg (3.42%), Potassium: 117.15mg (3.35%), Copper: 0.06mg (3.12%), Calcium: 30.47mg (3.05%), Folate: 11.28µg (2.82%), Magnesium: 10.67mg (2.67%), Manganese: 0.05mg (2.63%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.17mg (1.71%), Fiber: 0.42g (1.68%), Zinc: 0.22mg (1.5%), Iron: 0.27mg (1.49%), Vitamin B1: 0.02mg (1.36%), Phosphorus: 12.99mg (1.3%)