



Cucumber Mint Spritzer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



80 kcal

BEVERAGE

DRINK

Ingredients

- 12 oz seltzer water canned
- 1 cucumber english
- 0.3 cup juice of lime
- 6 large sprigs mint leaves fresh
- 1 teaspoon orange-flower water
- 0.3 cup orange juice
- 0.3 cup simple syrup glaze

Equipment

- food processor
- bowl
- sieve

Directions

- Thinly slice 1/4 of the cucumber and set aside.
- Cut the remaining cucumber and put into the bowl of a food processor and whirl with 1/4 cup water until well blended, about 2 minutes.
- Pour into a strainer set over a bowl.
- Let sit 10 minutes to drain, occasionally pressing with the back of a spoon to push liquid through; discard solids.
- Put cucumber juice, reserved slices, mint, simple syrup, orange and lime juices, and orange blossom water into a container to chill, at least 30 minutes or up to 1 day ahead.
- When ready to serve, add ice and top with club soda.
- *This adds a nice citrusy fragrance. Find it at Middle Eastern or well-stocked beverage stores.

Nutrition Facts

PROTEIN 3.22% **FAT 1.4%** **CARBS 95.38%**

Properties

Glycemic Index:13, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:3.5986956500489%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 79.71kcal (3.99%), Fat: 0.14g (0.21%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 20.65g (7.51%), Sugar: 18.23g (20.25%), Cholesterol: 0mg (0%), Sodium: 32.5mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin C: 14.86mg (18.02%), Vitamin K: 12.41µg (11.82%),

Iron: 1.1mg (6.1%), Potassium: 182.45mg (5.21%), Vitamin B1: 0.07mg (4.44%), Magnesium: 16.82mg (4.21%),
Manganese: 0.08mg (4.13%), Vitamin A: 181.03IU (3.62%), Folate: 13.12µg (3.28%), Vitamin B2: 0.05mg (2.84%),
Copper: 0.06mg (2.8%), Calcium: 26.46mg (2.65%), Phosphorus: 25.53mg (2.55%), Vitamin B5: 0.25mg (2.47%),
Fiber: 0.59g (2.35%), Vitamin B6: 0.04mg (2.19%), Zinc: 0.31mg (2.08%), Vitamin B3: 0.2mg (1.02%)