



Cucumber Sake-Tini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



367 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tbsp agave nectar
- ☐ 2 cups cucumber diced frozen peeled seeded
- ☐ 0.8 cup hendrick's gin
- ☐ 0.5 cup grapes green frozen
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup mint leaves fresh packed
- ☐ 0.3 cup rice wine
- ☐ 1 pinch sea salt

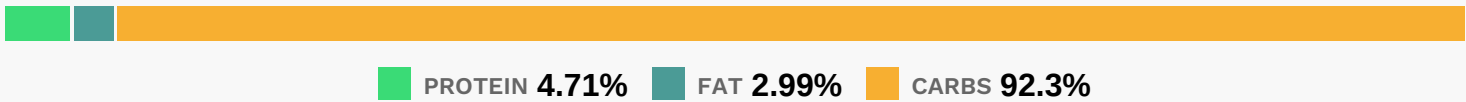
Equipment

☐ blender

Directions

- ☐ Combine the gin, sake, lime juice, cucumber, grapes, mint, agave nectar, and salt in a blender. Blend until frothy and smooth.
- ☐ From Super-Charged Smoothies: More Than 60 Recipes for Energizing Smoothies by Mary Corpening Barber and Sara Corpening Whiteford. Text copyright © 2010 by Mary Corpening Barber and Sara Corpening Whiteford; photographs copyright © 2010 by Jenifer Altman. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:5.68, Inflammation Score:-7, Nutrition Score:6.6321739683981%

Flavonoids

Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg, Hesperetin: 3.28mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 366.71kcal (18.34%), Fat: 0.44g (0.68%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 28.75g (10.45%), Sugar: 22.48g (24.98%), Cholesterol: 0mg (0%), Sodium: 27.48mg (1.19%), Alcohol: 34.89g (100%), Alcohol %: 12.72% (100%), Protein: 1.56g (3.13%), Vitamin C: 19.9mg (24.12%), Vitamin K: 19.99µg (19.04%), Manganese: 0.21mg (10.64%), Copper: 0.19mg (9.63%), Potassium: 330.53mg (9.44%), Folate: 35.11µg (8.78%), Vitamin B6: 0.17mg (8.45%), Fiber: 1.88g (7.53%), Vitamin A: 374.75IU (7.49%), Vitamin B1: 0.11mg (7.36%), Vitamin B2: 0.12mg (6.91%), Magnesium: 27.53mg (6.88%), Phosphorus: 49.43mg (4.94%), Iron: 0.83mg (4.59%), Calcium: 42.02mg (4.2%), Vitamin B5: 0.39mg (3.94%), Zinc: 0.38mg (2.56%), Vitamin E: 0.38mg (2.56%), Vitamin B3: 0.42mg (2.08%), Selenium: 0.98µg (1.4%)