



Cucumber, Soju, and Blueberry Shrub Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 1 cup blueberries
- ☐ 12 cucumber sticks english (3 in. long)
- ☐ 500 ml japanese shochu chilled
- ☐ 0.3 cup sugar
- ☐ 0.3 cup unseasoned rice vinegar

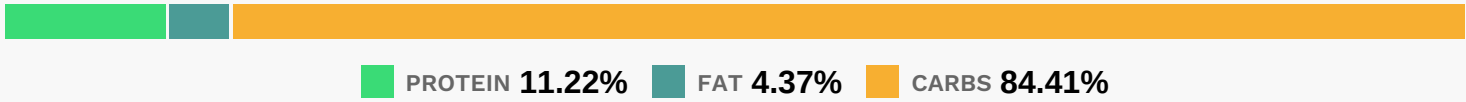
Equipment

- ☐ sauce pan

Directions

- ☐ Make blueberry shrub: Bring vinegar, sugar, and 1/2 cup water to a boil in a small saucepan. Stir in berries.
- ☐ Let cool, then chill airtight at least 4 hours and up to 1 week.
- ☐ Fill 4 tall glasses one-third full with ice; arrange cucumber sticks in them.
- ☐ Pour 1/2 cup soju into each, followed by 1/3 cup shrub (liquid and fruit). Taste, then add more shrub and a splash of club soda if you like.
- ☐ *A liquor traditionally made from rice, soju can also be distilled from wheat, barley, tapioca, and sweet potatoes. The Japanese style is generally smooth, clean, and subtle; the Korean tends to have a fuller, stronger flavor. Find it at well-stocked grocery stores and liquor stores.

Nutrition Facts



Properties

Glycemic Index:40.02, Glycemic Load:10.52, Inflammation Score:-9, Nutrition Score:25.802608676579%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 229.58kcal (11.48%), Fat: 1.28g (1.96%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 55.49g (18.5%), Net Carbohydrates: 46.98g (17.08%), Sugar: 31.2g (34.66%), Cholesterol: 0mg (0%), Sodium: 28.81mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.75%), Vitamin K: 233.49µg (222.37%), Potassium: 2152.06mg (61.49%), Manganese: 1.02mg (50.98%), Vitamin C: 38.79mg (47.02%), Magnesium: 140.63mg (35.16%), Fiber: 8.51g (34.05%), Folate: 120.22µg (30.06%), Phosphorus: 283.58mg (28.36%), Vitamin B5: 2.74mg (27.39%), Vitamin B2:

0.43mg (25.12%), Copper: 0.48mg (23.97%), Vitamin B6: 0.43mg (21.46%), Vitamin A: 1041.23IU (20.82%), Calcium: 178.55mg (17.86%), Vitamin B1: 0.26mg (17.11%), Iron: 3.01mg (16.72%), Zinc: 1.99mg (13.25%), Vitamin E: 1.36mg (9.04%), Vitamin B3: 1.54mg (7.68%), Selenium: 4.14µg (5.92%)