



Cucumber-Vermouth Sangria



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cucumber plus more for garnish thinly sliced
- ☐ 2 ounces hendrick's gin dry
- ☐ 1 optional: lemon plus more for garnish thinly sliced
- ☐ 1 ounce juice of lemon
- ☐ 0.5 ounce maraschino liqueur
- ☐ 6 servings mint leaves for garnish
- ☐ 1 ounce orange curaçao liqueur blue
- ☐ 1 ounce simple syrup glaze to taste

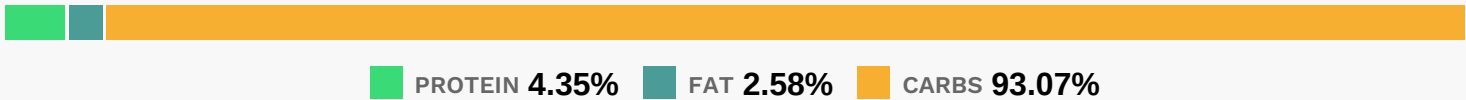
- ☐ 2 cups seltzer water cold
- ☐ 750 milliliter vermouth such as dolin dry

Equipment

Directions

- ☐ In a large pitcher, combine the lemon slices, cucumber slices, and vermouth. Stir gently then cover and refrigerate for at least 2 hours and up to 4 hours. When ready to serve, add the curaao, simple syrup, lemon juice, gin, sparkling water, and Maraschino liqueur, if using. Carefully fill the pitcher with ice and stir to combine.
- ☐ Garnish glasses with mint, plus additional lemon and cucumber slices.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:2.3726087160732%

Flavonoids

Eriodictyol: 4.38mg, Eriodictyol: 4.38mg, Eriodictyol: 4.38mg, Eriodictyol: 4.38mg Hesperetin: 5.81mg, Hesperetin: 5.81mg, Hesperetin: 5.81mg, Hesperetin: 5.81mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 169.66kcal (8.48%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 12.76g (4.64%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 21.49mg (0.93%), Alcohol: 17.39g (100%), Alcohol %: 7.33% (100%), Protein: 0.64g (1.28%), Vitamin C: 13.29mg (16.1%), Fiber: 0.95g (3.79%), Vitamin K: 3.6µg (3.43%), Potassium: 109.56mg (3.13%), Manganese: 0.06mg (2.88%), Copper: 0.06mg (2.79%), Folate: 11.06µg (2.77%), Iron: 0.46mg (2.54%), Magnesium: 9.93mg (2.48%), Vitamin B6: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.1%), Calcium: 19mg (1.9%), Vitamin A: 82.72IU (1.65%), Vitamin B5: 0.16mg (1.64%), Phosphorus: 15.53mg (1.55%), Vitamin B2: 0.02mg (1.37%), Zinc: 0.2mg (1.35%)