



Hawksworth's Breakfast Club



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



2944 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cucumber cut into rough chunks
- ☐ 1.5 ounces hendrick's gin
- ☐ 1 ounce lime fresh
- ☐ 1 ounce matcha tea powder
- ☐ 2 ounces matcha tea powder
- ☐ 1 serving mint leaves fresh
- ☐ 1 quart simple syrup glaze (see note above)
- ☐ 1 ounce water

☐ 6 ounces water boiling

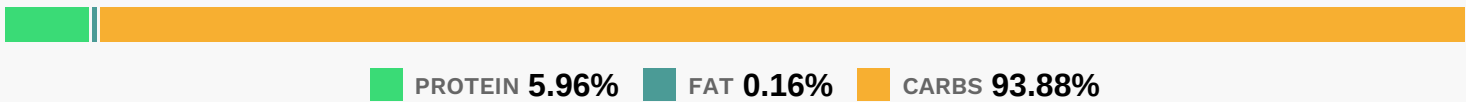
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ drinking straws

Directions

- ☐ Combine the matcha powder and boiling water in a small bowl and whisk until smooth.
- ☐ Combine matcha mixture and rich simple syrup in a medium saucepan over low heat. Simmer for 5 minutes, stirring occasionally.
- ☐ Remove from heat and let stand to cool. Keep covered and refrigerated when not in use.
- ☐ Place cucumber in a food processor or blender. Process or blend until pureed.
- ☐ Transfer puree to a fine mesh strainer set over a bowl and let rest until liquid drips into bowl.
- ☐ Combine 1 ounce cucumber water with gin, lime juice, matcha syrup, and tonic into an ice filled Collins glass. Give a quick stir with the barspoon.
- ☐ Garnish with cucumber julienne and a fresh mint sprig.
- ☐ Serve with a straw.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:24.539565355881%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 12.29mg, Hesperetin: 12.29mg, Hesperetin: 12.29mg, Hesperetin: 12.29mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 2944.27kcal (147.21%), Fat: 0.55g (0.84%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 701.77g (233.92%), Net Carbohydrates: 698.79g (254.11%), Sugar: 697.35g (774.83%), Cholesterol: 0mg (0%), Sodium: 566.11mg (24.61%), Alcohol: 14.2g (100%), Alcohol %: 1.12% (100%), Protein: 44.53g (89.06%), Iron: 50.28mg (279.31%), Vitamin A: 4525.08IU (90.5%), Vitamin B1: 1.34mg (89.01%), Vitamin B2: 0.65mg (38.4%), Magnesium: 135.12mg (33.78%), Potassium: 1039.66mg (29.7%), Copper: 0.46mg (23.23%), Vitamin C: 18.17mg (22.02%), Vitamin K: 21.77µg (20.73%), Calcium: 182.76mg (18.28%), Zinc: 2.39mg (15.91%), Phosphorus: 146.24mg (14.62%), Manganese: 0.24mg (12.03%), Fiber: 2.97g (11.9%), Folate: 45.41µg (11.35%), Selenium: 7.04µg (10.05%), Vitamin B6: 0.17mg (8.35%), Vitamin B5: 0.78mg (7.85%), Vitamin B3: 1.14mg (5.68%), Vitamin E: 0.15mg (1.02%)