



Haymarket



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



136 kcal

Ingredients

- ☐ 1 inch cucumber
- ☐ 1 slice cucumber
- ☐ 3 ounces india pale ale such as Titan's Great Divide
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 2 tablespoons suze french bitter liquor

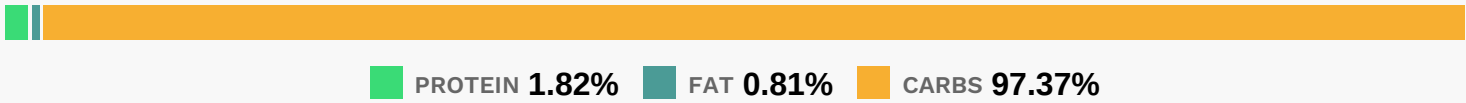
Equipment

- ☐ microwave

Directions

- ☐ Combine sugar and 1/4 cup water in a microwave–safe dish; microwave at HIGH for 2 minutes. Stir until sugar dissolves; cool.
- ☐ To prepare cocktail, place cucumber piece in a martini shaker; muddle.
- ☐ Add Suze, juice, and 1 1/2 tablespoons syrup; reserve the remaining syrup for another use. Cover and shake. Strain mixture into a highball glass with ice. Top with beer; garnish with cucumber slice.

Nutrition Facts



Properties

Glycemic Index:140.59, Glycemic Load:18, Inflammation Score:0, Nutrition Score:1.408260885788%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 135.74kcal (6.79%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.02%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 28.87g (10.5%), Sugar: 24.46g (27.18%), Cholesterol: 0mg (0%), Sodium: 7.24mg (0.31%), Alcohol: 3.32g (100%), Alcohol %: 2.1% (100%), Protein: 0.54g (1.08%), Vitamin C: 7.06mg (8.55%), Vitamin B6: 0.05mg (2.63%), Vitamin B3: 0.47mg (2.36%), Folate: 8.69µg (2.17%), Magnesium: 8.64mg (2.16%), Vitamin B2: 0.03mg (1.86%), Potassium: 62.74mg (1.79%), Phosphorus: 17.06mg (1.71%), Copper: 0.03mg (1.41%)