



## Jalapeno Cucumber Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



396 kcal

BEVERAGE

DRINK

## Ingredients

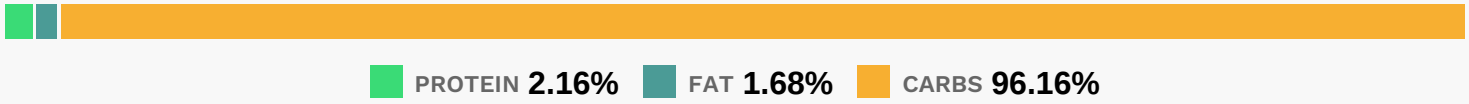
- ☐ 1 small spear of cucumber
- ☐ 2 fluid ounces juice of lemon
- ☐ 2 fluid ounces jalapeno-infused simple syrup for recipe (see footnote )
- ☐ 3 fluid ounces vodka
- ☐ 5 fluid ounces cucumber water for recipe (see footnote )

## Equipment

# Directions

- ☐
- Mix vodka, jalapeno-infused simple syrup, lemon juice, and cucumber water in a cocktail shaker and pour over ice in an highball glass.
- ☐
- Garnish cocktail with cucumber spear.

# Nutrition Facts



# Properties

Glycemic Index:30, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:6.2826086515966%

# Flavonoids

Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg Hesperetin: 8.56mg, Hesperetin: 8.56mg, Hesperetin: 8.56mg, Hesperetin: 8.56mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

# Nutrients (% of daily need)

Calories: 395.98kcal (19.8%), Fat: 0.39g (0.61%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 50.75g (16.92%), Net Carbohydrates: 49.47g (17.99%), Sugar: 46.96g (52.18%), Cholesterol: 0mg (0%), Sodium: 46.33mg (2.01%), Alcohol: 29.63g (100%), Alcohol %: 7.32% (100%), Protein: 1.14g (2.28%), Vitamin C: 27.94mg (33.87%), Iron: 2.53mg (14.07%), Vitamin K: 11.38µg (10.83%), Vitamin B1: 0.14mg (9.63%), Potassium: 313.94mg (8.97%), Folate: 33.95µg (8.49%), Copper: 0.17mg (8.3%), Magnesium: 29.9mg (7.48%), Manganese: 0.12mg (6.12%), Vitamin B6: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.3%), Fiber: 1.28g (5.13%), Phosphorus: 47.08mg (4.71%), Vitamin B5: 0.46mg (4.57%), Calcium: 37.79mg (3.78%), Zinc: 0.43mg (2.84%), Vitamin A: 117.31IU (2.35%)