



Lemon-Cucumber Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



51 kcal

BEVERAGE

DRINK

Ingredients

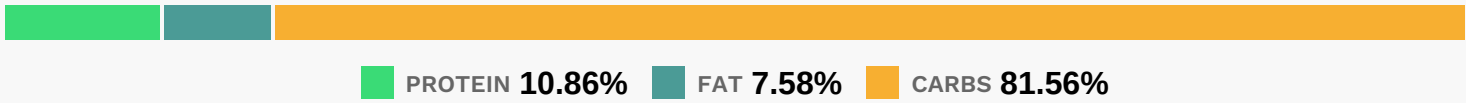
- ☐ 30 ounce club soda
- ☐ 12 slices cucumber thin
- ☐ 12 sprigs mint leaves fresh for garnish
- ☐ 1 cup hendrick's gin
- ☐ 12 slices optional: lemon thin
- ☐ 0.3 cup bottled lemon juice

Equipment

Directions

- ☐ In a large pitcher, combine the club soda, gin and lemon juice.
- ☐ Place a lemon slice and a cucumber slice in each of 12 glasses.
- ☐ Add 1 cup crushed ice to each glass.
- ☐ Pour the gin mixture into the glasses and garnish each with a mint sprig, if desired.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:0.88869565644342%

Flavonoids

Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 50.89kcal (2.54%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 15.72mg (0.68%), Alcohol: 6.68g (100%), Alcohol %: 7.63% (100%), Protein: 0.17g (0.35%), Vitamin C: 6.22mg (7.54%), Fiber: 0.34g (1.36%), Manganese: 0.02mg (1.19%), Copper: 0.02mg (1.01%)