



Lemon Cucumber Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



51 kcal

BEVERAGE

DRINK

Ingredients

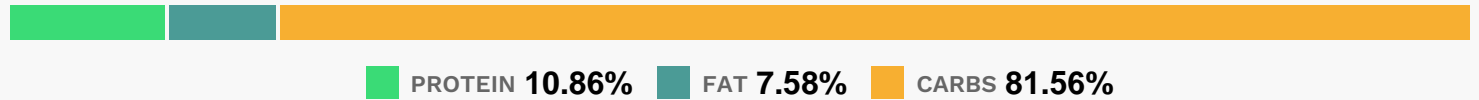
- 30 ounce seltzer water
- 1 cup hendrick's gin
- 0.3 cup juice of lemon fresh
- 12 slices optional: lemon thin ((from 1 lemon)
- 12 slices cucumber thin ((from 1 small cucumber)
- 12 cups ice crushed
- 12 sprigs mint leaves (for garnish)

Equipment

Directions

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

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:1.0343478313931%

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, 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: 27.55mg (1.2%), Alcohol: 6.68g (100%), Protein: 0.17g (0.35%), Vitamin C: 6.22mg (7.54%), Copper: 0.06mg (2.9%), Calcium: 16.18mg (1.62%), Magnesium: 5.58mg (1.39%), Fiber: 0.34g (1.36%), Manganese: 0.02mg (1.19%)