

Make-Ahead Cucumber-Elderflower Sangria

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

185 min.

SERVINGS

servings

12

CALORIES

calories

179 kcal

BEVERAGE

DRINK

Ingredients

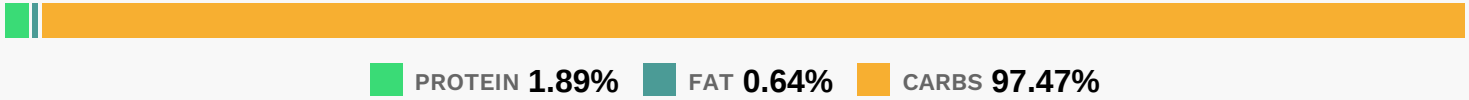
- ☐ 750 milliliter cooking wine dry white such as pinot grigio
- ☐ 8 ounces st. germain such as st. germain
- ☐ 1 medium cucumber english cut into round slices 3 cups
- ☐ 8 ounces cucumber- and rose-infused gin such as hendrick's gin
- ☐ 12 servings ice cubes for serving
- ☐ 1 cup limeade more homemade store-bought
- ☐ 12 servings mint sprigs fresh for garnish

Equipment

Directions

- ☐ Stir together the gin, elderflower liqueur, limeade, cucumber slices and wine in a carafe or pitcher. Wrap and refrigerate until chilled and the cucumbers infuse the mixture, about 3 hours.
- ☐ Serve over ice in small rocks glasses.
- ☐ Garnish each drink with a mint sprig.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:1.4134782632084%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 178.76kcal (8.94%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 12.42g (4.51%), Sugar: 10.62g (11.8%), Cholesterol: 0mg (0%), Sodium: 8.22mg (0.36%), Alcohol: 12.84g (100%), Alcohol %: 8.02% (100%), Protein: 0.24g (0.49%), Manganese: 0.11mg (5.45%), Vitamin K: 4.35µg (4.15%), Magnesium: 10.95mg (2.74%), Potassium: 87.83mg (2.51%), Vitamin B6: 0.04mg (2.16%), Phosphorus: 18.9mg (1.89%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.45%), Calcium: 13.82mg (1.38%), Vitamin A: 68.73IU (1.37%), Vitamin B2: 0.02mg (1.25%), Vitamin C: 1.02mg (1.23%)