



Mexican Cucumber Martinis

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



76 kcal

BEVERAGE

DRINK

Ingredients

- 6 servings chile-lime powder (recommended: Tajin)
- 2 cucumbers peeled thinly sliced
- 0.3 cup granulated sugar
- 6 servings ice cubes
- 0.5 lime cut into wedges
- 3 tablespoons juice of lime fresh
- 0.3 cup vodka
- 0.3 cup water

4 cups water

Equipment

sauce pan

blender

Directions

Watch how to make this recipe.

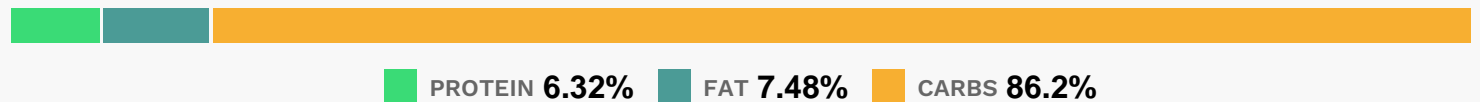
In small saucepan, bring the water and sugar to a boil over medium high-heat. Simmer until the sugar has dissolved completely. Set aside to cool.

Put the chile-lime powder on a small plate. Using the lime wedge, moisten the rims of the martini glasses. Invert the martini glasses into the chile-lime powder, to coat the rims.

In a blender, combine the simple syrup, cucumber, water, and lime juice until smooth. Strain the mixture into a pitcher.

Add the vodka and mix well. Fill a martini shaker with ice and add about 1 cup of the prepared cucumber mixture. Shake well and serve.

Nutrition Facts



Properties

Glycemic Index:22.02, Glycemic Load:6.17, Inflammation Score:-5, Nutrition Score:4.1595652232999%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 76.37kcal (3.82%), Fat: 0.49g (0.75%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 11.09g (4.03%), Sugar: 10.06g (11.18%), Cholesterol: 0mg (0%), Sodium: 46.42mg (2.02%), Alcohol: 3.34g (100%), Alcohol %: 1.19% (100%), Protein: 0.93g (1.86%), Vitamin A: 671.54IU (13.43%), Vitamin K: 9.39µg (8.95%), Vitamin C: 7.09mg (8.59%), Copper: 0.13mg (6.7%), Fiber: 1.58g (6.33%), Vitamin E: 0.82mg (5.48%), Manganese: 0.11mg (5.46%), Potassium: 189.74mg (5.42%), Vitamin B6: 0.1mg (4.91%), Magnesium: 18.15mg (4.54%),

Folate: 15.76µg (3.94%), Iron: 0.61mg (3.4%), Calcium: 30.28mg (3.03%), Phosphorus: 29.56mg (2.96%), Vitamin B2: 0.05mg (2.84%), Vitamin B5: 0.28mg (2.79%), Vitamin B1: 0.04mg (2.67%), Zinc: 0.29mg (1.94%), Vitamin B3: 0.29mg (1.45%)