



Ruben's Cooler No. 2



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



301 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups seltzer water
- ☐ 2 cups cucumber unpeeled thinly sliced
- ☐ 2.3 cups hendrick's gin
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup juice of lemon fresh
- ☐ 1.3 cups st. germain

Equipment

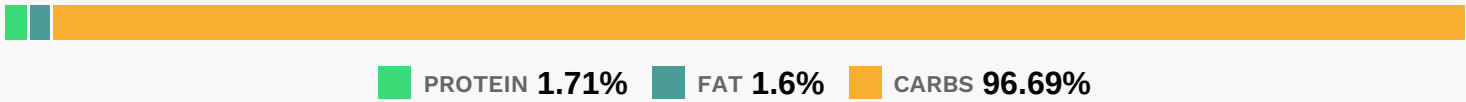
- ☐ baking sheet

☐ baking paper

Directions

- ☐ Line a large rimmed baking sheet with parchment paper. Arrange cucumber slices in single layer on prepared sheet. Freeze until solid, about 1 hour. DO AHEAD: Can be made 2 days ahead. Cover and keep frozen.
- ☐ Combine gin, liqueur, lemon juice, salt, and 2 cups ice in a large pitcher. Cover and refrigerate until chilled, about 2 hours. Stir club soda and frozen cucumber slices into pitcher. Fill 12-ounce highball glasses with ice.
- ☐ Pour cocktail into glasses and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:1.7478261078181%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 300.93kcal (15.05%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 16.84g (6.12%), Sugar: 15.44g (17.15%), Cholesterol: 0mg (0%), Sodium: 301.65mg (13.12%), Alcohol: 22.55g (100%), Alcohol %: 13.39% (100%), Protein: 0.3g (0.61%), Vitamin C: 12.87mg (15.6%), Folate: 10.76µg (2.69%), Copper: 0.05mg (2.28%), Vitamin K: 2.39µg (2.28%), Potassium: 78.93mg (2.26%), Manganese: 0.04mg (2.06%), Vitamin B6: 0.03mg (1.58%), Magnesium: 6.27mg (1.57%), Vitamin B1: 0.02mg (1.45%), Fiber: 0.32g (1.3%), Phosphorus: 12.12mg (1.21%), Vitamin B5: 0.12mg (1.2%)