



Salty Dog



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



296 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 small cucumber thinly sliced
- ☐ 1 pink grapefruit cut into 12 wedges
- ☐ 0.5 cup honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 servings pink salt
- ☐ 8 ounces vodka
- ☐ 1 cup water

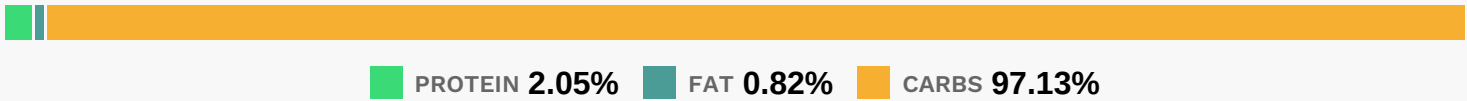
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small saucepan, combine 1 cup water and the honey. Bring to a boil and shut off the heat.
- ☐ Transfer to a bowl to cool. Refrigerate.
- ☐ In a medium bowl, combine half of the cucumber slices with the grapefruit segments and some simple syrup. Muddle them by pressing down on them with a whisk to extract the juices and lightly crush the cucumbers.
- ☐ Add the vodka, lime juice, some more simple syrup and 1 cup lightly crushed ice.
- ☐ Pour into 4 rocks glasses and grind a little salt over the top. Alternatively, serve in a pitcher and sprinkle with the salt as you pour the individual drinks.

Nutrition Facts



Properties

Glycemic Index:26.82, Glycemic Load:19.75, Inflammation Score:-7, Nutrition Score:4.4895653050879%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 20.97mg, Naringenin: 20.97mg, Naringenin: 20.97mg, Naringenin: 20.97mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 296.46kcal (14.82%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 42.85g (15.58%), Sugar: 40.09g (44.54%), Cholesterol: 0mg (0%), Sodium: 200.2mg (8.7%), Alcohol: 18.94g (100%), Alcohol %: 8.5% (100%), Protein: 0.94g (1.88%), Vitamin C: 27.49mg (33.33%), Vitamin A: 774.52IU (15.49%), Fiber: 1.47g (5.86%), Potassium: 186.36mg (5.32%), Copper: 0.08mg (4.23%), Folate: 16.71µg (4.18%), Manganese: 0.08mg (4.05%), Vitamin B6: 0.07mg (3.59%), Magnesium: 13.56mg (3.39%), Vitamin B1: 0.05mg (3.18%), Vitamin B5: 0.32mg (3.16%), Vitamin B2: 0.05mg (3.11%), Vitamin K: 2.96µg (2.82%), Phosphorus: 27.17mg (2.72%), Calcium: 26.87mg (2.69%), Iron: 0.34mg (1.9%), Zinc: 0.23mg (1.52%), Vitamin B3: 0.23mg (1.13%)