



Scooped: Gin, Tonic, and Cucumber Shaved Ice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



240 min.

SERVINGS



2

CALORIES



271 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 inch cucumber peeled chopped
- ☐ 0.5 cup hendrick's gin good
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup sugar
- ☐ 3.5 cups water

Equipment

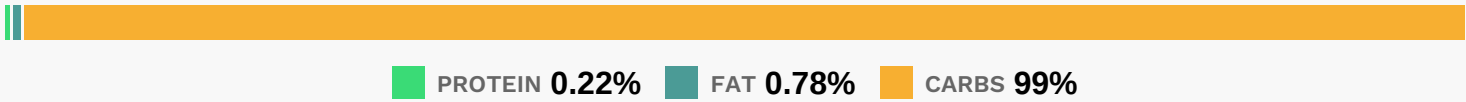
- ☐ food processor

- ☐ bowl
- ☐ blender

Directions

- ☐ In a blender or food processor, purée the all the ingredients except the gin. When the mixture is smooth, pour it into a shallow container, add the gin, and mix.
- ☐ Place the container in the freezer for about 4–6 hours, or until frozen. Using a metal spoon, scrape the block of ice towards you, and scoop the shavings into a bowl.
- ☐ Garnish with fresh lime zest and some mint.

Nutrition Facts



Properties

Glycemic Index:50.05, Glycemic Load:23.28, Inflammation Score:-2, Nutrition Score:0.84652174102223%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 270.99kcal (13.55%), Fat: 0.12g (0.19%), Saturated Fat: 0g (0.01%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 34.44g (12.52%), Sugar: 33.56g (37.28%), Cholesterol: 0mg (0%), Sodium: 21.99mg (0.96%), Alcohol: 20.04g (100%), Alcohol %: 4.84% (100%), Protein: 0.08g (0.16%), Vitamin C: 4.58mg (5.55%), Copper: 0.09mg (4.35%), Calcium: 15.21mg (1.52%), Magnesium: 5.65mg (1.41%)