



The Cuke Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



105 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 large cucumbers peeled seeded for garnish (reserve peels)
- ☐ 6 servings ice cubes
- ☐ 1 juice of lemon juiced
- ☐ 3 sprigs mint leaves
- ☐ 1 Dash salt
- ☐ 1 cup vodka

Equipment

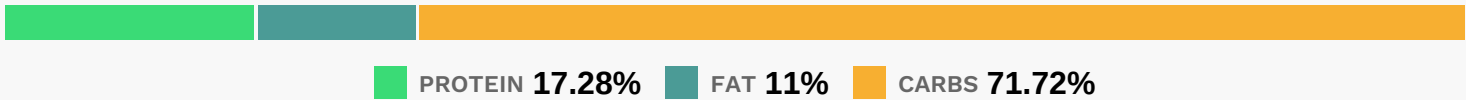
- ☐ food processor

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ In a food processor or blender blitz the cucumbers until a smooth puree. Over a bowl strain the liquid using a fine mesh strainer. Discard the pulp. In a pitcher filled with ice add the cucumber juice, vodka, lemon juice, salt and mint. Stir with a wooden spoon and serve in a martini glass.
- ☐ Garnish with peels.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:2.2291304177564%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 105.05kcal (5.25%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 11.73mg (0.51%), Alcohol: 13.36g (100%), Alcohol %: 8.69% (100%), Protein: 0.59g (1.17%), Vitamin K: 6.72µg (6.4%), Vitamin C: 5.08mg (6.16%), Copper: 0.08mg (4.08%), Potassium: 135.33mg (3.87%), Manganese: 0.07mg (3.73%), Folate: 14.64µg (3.66%), Magnesium: 12.46mg (3.12%), Fiber: 0.71g (2.83%), Vitamin B6: 0.05mg (2.53%), Vitamin B5: 0.23mg (2.32%), Phosphorus: 22.36mg (2.24%), Vitamin B1: 0.03mg (2.17%), Vitamin A: 88.74IU (1.77%), Vitamin B2: 0.03mg (1.66%), Calcium: 16.27mg (1.63%), Iron: 0.24mg (1.33%), Zinc: 0.17mg (1.15%)