



The Odyssey



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



3 min.

SERVINGS



1

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

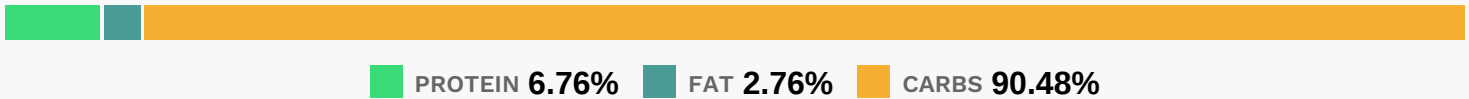
- ☐ 3 slices cucumber english
- ☐ 1 sprig optional: dill fresh plus more for garnish
- ☐ 1 serving ice cubes
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 0.1 ounce ouzo
- ☐ 0.8 ounce simple syrup glaze equal amounts sugar and water heated until sugar dissolves; cool
- ☐ 1.5 ounces vodka

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Muddle the fresh dill and cucumber in a cocktail shaker or mixing glass.
- ☐ Add the vodka, ouzo, lemon juice, simple syrup, and ice. Shake well and pour into a glass filled with ice.
- ☐ Garnish with a sprig of fresh dill.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:8.3269564949948%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 213.57kcal (10.68%), Fat: 0.38g (0.58%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 26.26g (9.55%), Sugar: 21.13g (23.48%), Cholesterol: 0mg (0%), Sodium: 22.04mg (0.96%), Alcohol: 15.39g (100%), Alcohol %: 4.34% (100%), Protein: 2.08g (4.16%), Vitamin K: 51.17µg (48.73%), Vitamin C: 14.31mg (17.34%), Potassium: 487.87mg (13.94%), Manganese: 0.25mg (12.5%), Magnesium: 44.15mg (11.04%), Iron: 1.66mg (9.24%), Vitamin B5: 0.83mg (8.27%), Phosphorus: 80.05mg (8%), Vitamin B1: 0.12mg (7.85%), Copper: 0.15mg (7.43%), Vitamin B2: 0.12mg (7.13%), Vitamin A: 336.17IU (6.72%), Vitamin B6: 0.13mg (6.58%), Fiber: 1.6g (6.42%), Folate: 24.83µg (6.21%), Calcium: 55.42mg (5.54%), Zinc: 0.68mg (4.53%), Vitamin B3: 0.34mg (1.71%), Selenium: 1.1µg (1.57%)