

Tokyo Lights



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

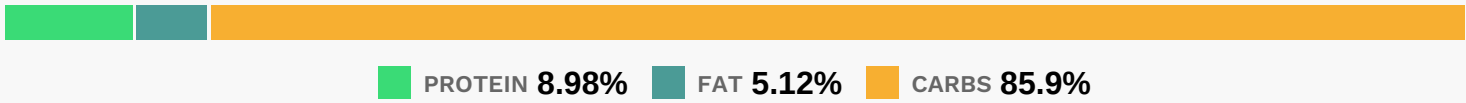
- ☐ 3 slices cucumber plus more for garnish
- ☐ 1 serving ice cubes
- ☐ 0.5 slice jalapeño
- ☐ 0.8 ounce juice of lime fresh
- ☐ 0.5 ounce plum syrup
- ☐ 2 ounces sake such as junmai ginjo sake

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a mixing glass, muddle the cucumbers and jalapeno.
- ☐ Add the sake, lime juice and syrup.
- ☐ Add ice ,shake well and serve up in a chilled martini glass.
- ☐ Garnish with a slice of cucumber.

Nutrition Facts



Properties

Glycemic Index:85.67, Glycemic Load:1.13, Inflammation Score:-7, Nutrition Score:7.1552175283432%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 103.38kcal (5.17%), Fat: 0.25g (0.39%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 7.93g (2.88%), Sugar: 3.91g (4.34%), Cholesterol: 0mg (0%), Sodium: 6.13mg (0.27%), Alcohol: 9.13g (100%), Alcohol %: 5.4% (100%), Protein: 1.01g (2.01%), Vitamin C: 61.77mg (74.87%), Vitamin E: 1.7mg (11.34%), Vitamin A: 559.75IU (11.2%), Vitamin B6: 0.21mg (10.57%), Vitamin K: 10.87µg (10.35%), Fiber: 1.69g (6.76%), Potassium: 201.47mg (5.76%), Folate: 17.92µg (4.48%), Magnesium: 15.93mg (3.98%), Manganese: 0.07mg (3.51%), Vitamin B3: 0.67mg (3.37%), Copper: 0.06mg (3.17%), Vitamin B2: 0.04mg (2.57%), Phosphorus: 24.76mg (2.48%), Vitamin B5: 0.24mg (2.37%), Vitamin B1: 0.03mg (2.25%), Calcium: 16.68mg (1.67%), Selenium: 1.02µg (1.45%), Iron: 0.26mg (1.44%)