



Watermelon and Cucumber Tonic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients



3 cups cucumber english divided peeled sliced



1.3 cups hendrick's gin



0.3 cup juice of lemon fresh divided



0.3 cup mint leaves divided



2.5 cups water chilled



6 cups watermelon divided cubed seeded

Equipment



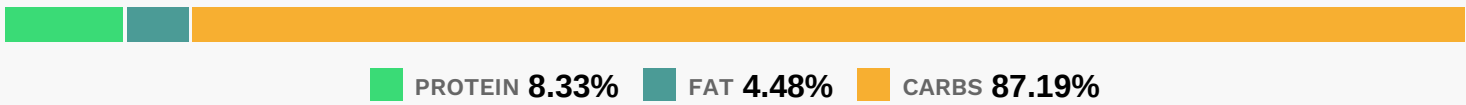
food processor

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ cheesecloth

Directions

- ☐ Combine half each of watermelon, mint, juice, and cucumber in a blender or food processor; process until smooth. Line a fine sieve with 4 layers of cheesecloth, allowing cheesecloth to extend over edges; strain watermelon mixture through prepared sieve over a bowl, reserving juice mixture. Gather the edges of the cheesecloth together. Holding cheesecloth over sieve, squeeze to release the remaining juice mixture. Discard solids. Repeat the procedure with the remaining watermelon, mint, juice, and cucumber.
- ☐ Combine 2 1/2 cups juice mixture, tonic water, and gin, stirring well to combine. (Reserve any remaining juice mixture for another use.)
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:6.09, Inflammation Score:-6, Nutrition Score:3.8278260516084%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 129.34kcal (6.47%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 9.97g (3.63%), Sugar: 7.91g (8.79%), Cholesterol: 0mg (0%), Sodium: 6.5mg (0.28%), Alcohol: 12.52g (100%), Alcohol %: 5.8% (100%), Protein: 1.03g (2.06%), Vitamin C: 13.72mg (16.64%), Vitamin A: 749.8IU (15%), Vitamin K: 6.51µg (6.2%), Potassium: 201.62mg (5.76%), Manganese: 0.1mg (4.92%), Magnesium: 18.79mg (4.7%), Copper: 0.09mg (4.47%), Vitamin B5: 0.37mg (3.68%), Vitamin B6: 0.07mg (3.63%), Vitamin B1: 0.05mg

(3.56%), Fiber: 0.79g (3.15%), Iron: 0.48mg (2.64%), Vitamin B2: 0.04mg (2.54%), Phosphorus: 25.04mg (2.5%), Folate: 9.28µg (2.32%), Calcium: 20.31mg (2.03%), Zinc: 0.23mg (1.56%), Vitamin B3: 0.28mg (1.38%)