

Cucumber Gin and Tonic

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Yield: 4 cups

3 Kirby cucumbers, cut into 1/2-inch-thick slices
2 limes, cut into 6 wedges
2 cups gin
1/2 cup tonic concentrate (such as Jack Rudy Cocktail Co. Small Batch Tonic)
1 Kirby cucumber, cut into 1/4-inch-thick slices
1 lime, cut into 1/4-inch-thick slices
2 cups chilled club soda

In a bowl, muddle three cucumbers and two limes to release the flavors.

Stir in the gin and the tonic concentrate. Let stand for 30 minutes.

Using the back of a spoon, press through a fine wire-mesh strainer into a large container. Discard the solids.

Cover and chill for one to two hours.

Fill a large pitcher with ice cubes. Add the slices of one cucumber and one lime. Stir in the gin mixture and club soda.

Per Serving (excluding unknown items): 1230 Calories; trace Fat (3.7% calories from fat); 1g Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 1/2 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1230	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	16mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	1170
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g):	21g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	13mg
Potassium (mg):	205mg
Calcium (mg):	66mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	58mg
Vitamin A (i.u.):	20IU
Vitamin A (r.e.):	2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1230 Calories from Fat: 46

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	21g	7%
Dietary Fiber	1g	4%
Protein	1g	
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Vitamin A		0%
Vitamin C		97%
Calcium		7%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.