

# Cucumber-Mint Tequila Tonic

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**Servings: 6**

**Yield: 2 cups**

*2 cups English cucumber, chopped*

*1/2 cup mint leaves*

*1/3 cup agave nectar*

*1/4 cup cilantro leaves*

*1 lime, sectioned and juiced*

*dash salt*

*1/2 cup tequila blanco*

*3/4 cup tonic water, chilled*

In a food processor, combine the cucumber, mint, agave nectar, cilantro, lime and salt. Pulse until smooth.

Scrape the mixture into a bowl. Stir in the tequila. Chill. Strain.

Stir in the tonic water. Serve over ice.

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Per Serving (excluding unknown items): 22 Calories; trace Fat (0.8% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	22
% Calories from Fat:	0.8%
% Calories from Carbohydrates:	86.3%
% Calories from Protein:	12.9%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	4mg
Potassium (mg):	46mg
Calcium (mg):	19mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 7mg  
**Vitamin A (i.u.):** 407IU  
**Vitamin A (r.e.):** 30 1/2RE

**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 22 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	5g	2%
	Dietary Fiber 1g	4%
<b>Protein</b>	1g	

<b>Vitamin A</b>		8%
<b>Vitamin C</b>		11%
<b>Calcium</b>		2%
<b>Iron</b>		5%

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