



Drink the Book: Pimm's No. 1 Cup Jelly Shots



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



180 min.

SERVINGS



12

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 inch cucumber coarsely chopped
- ☐ 0.8 cup cupcake liners
- ☐ 2 large sprigs mint leaves fresh
- ☐ 2 envelopes gelatin powder
- ☐ 0.7 cup ginger ale
- ☐ 1 cup granulated sugar
- ☐ 6 ice cubes
- ☐ 4 medium optional: lemon cut into 8 wedges

- ☐ 1 cranberry-orange relish coarsely chopped
- ☐ 4 strawberries
- ☐ 1.5 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ peeler

Directions

- ☐ Combine all ingredients in a medium saucepan. Muddle the lemon wedges. Bring to a rolling boil over medium heat. Reduce heat to low and simmer for 5 minutes.
- ☐ Remove from the heat and strain immediately. Allow the syrup to cool to room temperature. Short cut: A 50-50 mix of frozen lemonade concentrate and water may be substituted for Lemon Syrup. Make sure to strain to remove any lemon pulp!
- ☐ Muddle fruit together the strawberries, orange, mint, and chopped cucumber in a large cocktail shaker.
- ☐ Add Pimm's and the ice cubes and shake vigorously. Strain liquid through fine mesh strainer and set aside (you should have approximately 2/3 cup of liquid).
- ☐ Combine ginger ale and lemon syrup in saucepan in a medium saucepan and sprinkle with gelatin. Allow gelatin to soak for a minute or two.
- ☐ Heat over very low heat, stirring constantly, until gelatin is fully dissolved, about 5 minutes.
- ☐ Remove from heat and add the reserved Pimm's liquid, stirring well to blend.
- ☐ Pour into pan and chill until fully set, several hours or overnight.
- ☐ To serve, cut into rectangles. To garnish, peel "ribbons" from cucumber using a vegetable peeler. The ribbons should be about 6 inches long for easy handling. Group the slivered fruit and mint as desired, and tie each bundle with a cucumber ribbon. Trim the ribbon ends to desired length.
- ☐ Place a fruit bundle on each jelly shot.

Nutrition Facts



 **PROTEIN 6.12%**  **FAT 11.96%**  **CARBS 81.92%**

Properties

Glycemic Index:21.34, Glycemic Load:13.48, Inflammation Score:-2, Nutrition Score:3.5247826375391%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 7.74mg, Eriodictyol: 7.74mg, Eriodictyol: 7.74mg, Eriodictyol: 7.74mg Hesperetin: 13.04mg, Hesperetin: 13.04mg, Hesperetin: 13.04mg, Hesperetin: 13.04mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 142.31kcal (7.12%), Fat: 2.02g (3.11%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 29.7g (10.8%), Sugar: 25.17g (27.96%), Cholesterol: 0.3mg (0.1%), Sodium: 54.37mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 27.33mg (33.13%), Fiber: 1.48g (5.93%), Selenium: 2.71µg (3.87%), Calcium: 36.32mg (3.63%), Folate: 14.38µg (3.6%), Vitamin B1: 0.05mg (3.52%), Vitamin B2: 0.05mg (3.21%), Copper: 0.06mg (3.21%), Manganese: 0.06mg (3.19%), Iron: 0.52mg (2.9%), Potassium: 91.49mg (2.61%), Phosphorus: 22.62mg (2.26%), Vitamin B6: 0.04mg (2.04%), Magnesium: 7.18mg (1.79%), Vitamin B3: 0.31mg (1.56%), Vitamin B5: 0.13mg (1.3%)