



Lemon-Thyme Pimm's Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



19 kcal

BEVERAGE

DRINK

Ingredients

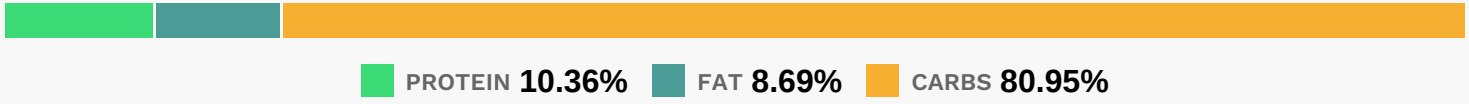
- ☐ 2 servings lemon twists
- ☐ 5 tbsp juice of lemon
- ☐ 0.3 cup lemon-thyme simple syrup
- ☐ 2 servings thyme sprigs
- ☐ 0.3 cup pimm's no. 1
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Equipment

Directions

☐ Combine Pimm's, syrup, lemon juice to taste, and 2/3 cup water in a small pitcher. Divide between 2 ice-filled tumblers. Wrap lemon twists around thyme sprigs and garnish glasses.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:4.2191304707009%

Flavonoids

Eriodictyol: 3.33mg, Eriodictyol: 3.33mg, Eriodictyol: 3.33mg, Eriodictyol: 3.33mg Hesperetin: 7.38mg, Hesperetin: 7.38mg, Hesperetin: 7.38mg, Hesperetin: 7.38mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 3.98mg, Luteolin: 3.98mg, Luteolin: 3.98mg, Luteolin: 3.98mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 18.86kcal (0.94%), Fat: 0.25g (0.39%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.12g (1.24%), Cholesterol: 0mg (0%), Sodium: 1.28mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 31.83mg (38.58%), Iron: 1.56mg (8.64%), Vitamin A: 407.63IU (8.15%), Manganese: 0.15mg (7.64%), Fiber: 1.5g (5.99%), Magnesium: 16.41mg (4.1%), Calcium: 38.49mg (3.85%), Folate: 12.1µg (3.02%), Potassium: 100.05mg (2.86%), Copper: 0.06mg (2.79%), Vitamin B2: 0.05mg (2.77%), Vitamin B6: 0.05mg (2.62%), Phosphorus: 13.13mg (1.31%), Zinc: 0.18mg (1.18%), Vitamin B1: 0.02mg (1.06%)