

Pimm Bob

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



313 kcal

BEVERAGE

DRINK

Ingredients

- 2 dashes peychaud's bitters
- 0.3 cup club soda chilled
- 1 serving ice cubes
- 1 optional: lemon
- 1 cranberry-orange relish
- 0.3 cup rye whiskey
- 1 Tbsp simple syrup glaze
- 1 strawberry quartered

2 tarragon sprigs fresh

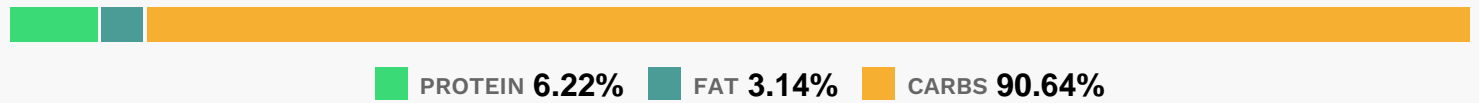
Equipment

Directions

Muddle tarragon sprigs, lemon slice, orange slice, strawberry, simple syrup, and Peychaud's bitters in a 12-oz. glass to release flavors. Fill glass with ice cubes.

Add whiskey and chilled club soda; stir gently.

Nutrition Facts



Properties

Glycemic Index:193, Glycemic Load:7.91, Inflammation Score:-8, Nutrition Score:11.656521734984%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 65.83mg, Hesperetin: 65.83mg, Hesperetin: 65.83mg, Hesperetin: 65.83mg Naringenin: 20.69mg, Naringenin: 20.69mg, Naringenin: 20.69mg, Naringenin: 20.69mg Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 313.45kcal (15.67%), Fat: 0.66g (1.02%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 43.06g (14.35%), Net Carbohydrates: 36.5g (13.27%), Sugar: 30.49g (33.88%), Cholesterol: 0mg (0%), Sodium: 30.34mg (1.32%), Alcohol: 22.14g (100%), Alcohol %: 6.25% (100%), Protein: 2.96g (5.91%), Vitamin C: 134.99mg (163.62%), Fiber: 6.56g (26.22%), Folate: 59.54µg (14.89%), Manganese: 0.28mg (13.81%), Potassium: 479.28mg (13.69%), Vitamin B1: 0.2mg (13.05%), Iron: 2.21mg (12.29%), Calcium: 112.42mg (11.24%), Vitamin B6: 0.22mg (10.94%), Magnesium: 33.39mg

(8.35%), Vitamin A: 403.95IU (8.08%), Copper: 0.14mg (7.15%), Vitamin B2: 0.12mg (6.82%), Vitamin B5: 0.55mg (5.48%), Phosphorus: 48.13mg (4.81%), Vitamin B3: 0.75mg (3.76%), Vitamin E: 0.43mg (2.88%), Zinc: 0.37mg (2.44%), Selenium: 1.36µg (1.95%)