

Pimm's Cup



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

Ingredients

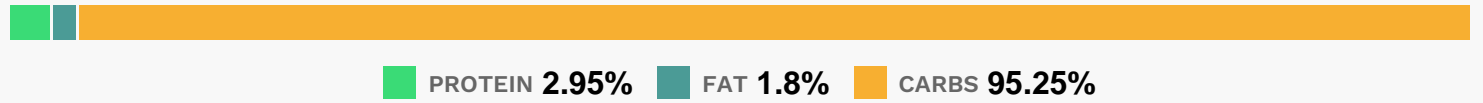
- 1 medium cucumber halved lengthwise cut into 4 spears
- 2 cups ginger ale chilled
- 4 slices optional: lemon
- 1.3 cups seltzer water chilled
- 0.8 cup pimm's no. 1
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Equipment

Directions

- Fill 4 tall (12-ounce) glasses with ice cubes.
- Pour 3 tablespoons Pimm's into each glass.
- Pour 1/2 cup ginger ale and 1/3 cup sparkling water into each glass; stir to combine.
- Garnish each serving with 1 lemon slice and 1 cucumber spear.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:6.74, Inflammation Score:-1, Nutrition Score:1.6139130391504%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 48.18kcal (2.41%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 11.53g (4.19%), Sugar: 11.37g (12.63%), Cholesterol: 0mg (0%), Sodium: 25.97mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.75%), Vitamin C: 5.32mg (6.45%), Vitamin K: 3.62µg (3.45%), Copper: 0.06mg (3.21%), Manganese: 0.05mg (2.75%), Potassium: 80.76mg (2.31%), Fiber: 0.55g (2.19%), Magnesium: 8.56mg (2.14%), Iron: 0.37mg (2.07%), Folate: 7.8µg (1.95%), Calcium: 16.34mg (1.63%), Vitamin B6: 0.03mg (1.56%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.13mg (1.34%), Vitamin B1: 0.02mg (1.23%), Phosphorus: 11.67mg (1.17%)