



Pimm's Cup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

Ingredients

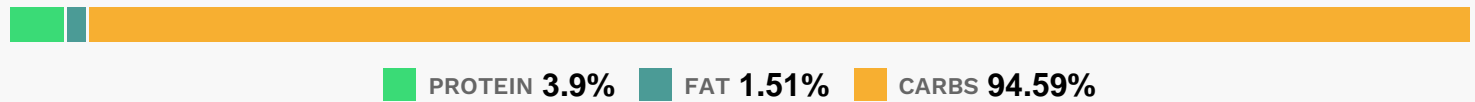
- 1 persian cucumber 3-in.-long piece cucumber english washed and sliced (see Notes)
- 2 lemons cut into half-moons
- 6 large sprigs mint leaves crushed
- 2 oranges cut into half-moons
- 4 cups sprite
- 2 cups pimm's no. 1 (see Notes)
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Equipment

Directions

- Fill 2 pitchers 1/4 full with ice. To each, add a layer of orange slices, a few lemon slices, and a layer of cucumber slices. Repeat the layering.
- Pour in the Pimm's and Sprite, dividing between pitchers, and mix with a long-handled spoon. Poke mint sprigs and leaves down into drink. Divide drink among 8 tall glasses, with a few slices of fruit and cucumber in each glass, along with some mint leaves.
- Notes: Persian cucumbers are small, thin-skinned, virtually seedless, and very tasty. They're sold at well-stocked grocery

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:1.76, Inflammation Score:-3, Nutrition Score:3.316956601713%

Flavonoids

Eriodictyol: 6mg, Eriodictyol: 6mg, Eriodictyol: 6mg, Eriodictyol: 6mg Hesperetin: 16.53mg, Hesperetin: 16.53mg, Hesperetin: 16.53mg, Hesperetin: 16.53mg Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 73.18kcal (3.66%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 17.41g (6.33%), Sugar: 15.88g (17.64%), Cholesterol: 0mg (0%), Sodium: 12.71mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.7mg (5.9%), Protein: 0.78g (1.57%), Vitamin C: 32.17mg (38.99%), Fiber: 1.64g (6.55%), Folate: 14.14µg (3.54%), Potassium: 112.28mg (3.21%), Vitamin B1: 0.04mg (2.79%), Calcium: 25.42mg (2.54%), Vitamin A: 118.84IU (2.38%), Vitamin B6: 0.05mg (2.25%), Magnesium: 8.13mg (2.03%), Vitamin B5: 0.15mg (1.54%), Iron: 0.28mg (1.53%), Manganese: 0.03mg (1.53%), Copper: 0.03mg (1.5%), Vitamin B2: 0.02mg (1.34%), Phosphorus: 11.13mg (1.11%), Vitamin K: 1.15µg (1.09%)