



## Pimm's Cup

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



1

CALORIES



50 kcal

SIDE DISH

### Ingredients

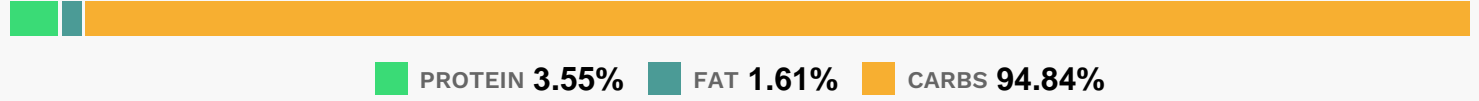
- 1 serving cucumber english
- 4 ounces ginger ale
- 1 serving optional: lemon
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### Equipment

### Directions

- Gently muddle the cucumber and lemon slices in a chilled highball glass.
- Pour in the Pimm's and 7UP, lemon-lime soda, or ginger ale, and stir to combine.
- Add ice to fill the glass and garnish with the lemon twist.

## Nutrition Facts



### Properties

Glycemic Index:114, Glycemic Load:6.49, Inflammation Score:-1, Nutrition Score:2.0678260799335%

### Flavonoids

Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

### Nutrients (% of daily need)

Calories: 50.42kcal (2.52%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.47g (4.54%), Sugar: 11.31g (12.57%), Cholesterol: 0mg (0%), Sodium: 9.26mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 8.88mg (10.76%), Vitamin K: 8.53µg (8.12%), Manganese: 0.06mg (3%), Potassium: 96.89mg (2.77%), Fiber: 0.65g (2.61%), Iron: 0.43mg (2.41%), Copper: 0.05mg (2.35%), Magnesium: 9.01mg (2.25%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.03mg (1.6%), Calcium: 15.36mg (1.54%), Phosphorus: 14.72mg (1.47%), Vitamin B1: 0.02mg (1.31%), Folate: 5.18µg (1.29%), Vitamin B2: 0.02mg (1.17%), Vitamin A: 57.68IU (1.15%), Zinc: 0.17mg (1.13%)