



Pimm's Cup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



66 kcal

SIDE DISH

Ingredients

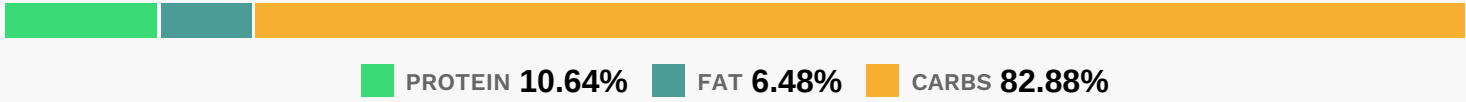
- ☐ 1 cucumber
- ☐ 1 sprig mint leaves fresh (5 to 6 leaves)
- ☐ 3 ounces prepare as
- ☐ 1 cup ice cubes
- ☐ 2 ounces frangelico
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Equipment

Directions

- ☐ Fill highball glass with ice.
- ☐ Add Pimm's, then top with ginger beer, garnish with cucumber slice and mint sprig, and serve.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:5.35, Inflammation Score:-4, Nutrition Score:6.6395652631055%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 65.62kcal (3.28%), Fat: 0.49g (0.75%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 11.9g (4.33%), Sugar: 11.71g (13.01%), Cholesterol: 0mg (0%), Sodium: 24.09mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin K: 21.6µg (20.57%), Copper: 0.27mg (13.47%), Manganese: 0.24mg (12.09%), Vitamin C: 9.92mg (12.02%), Potassium: 414.54mg (11.84%), Folate: 43.14µg (10.78%), Magnesium: 40.02mg (10%), Fiber: 2.18g (8.72%), Vitamin B6: 0.15mg (7.71%), Vitamin B5: 0.72mg (7.23%), Phosphorus: 63.73mg (6.37%), Vitamin B1: 0.09mg (6.25%), Calcium: 54.08mg (5.41%), Vitamin A: 258.48IU (5.17%), Iron: 0.86mg (4.8%), Vitamin B2: 0.08mg (4.57%), Zinc: 0.59mg (3.92%)