



Pimm's Cup Cocktail



Vegetarian



Dairy Free

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READY IN

ready

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10 min.

SERVINGS

servings

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4

CALORIES

calories

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690 kcal

SIDE DISH

Ingredients

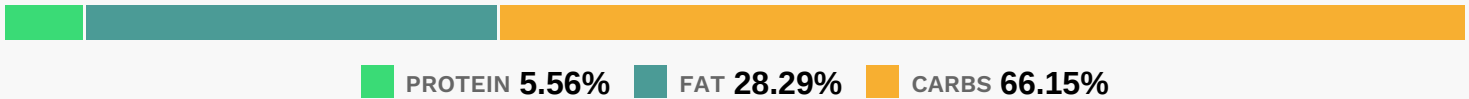
- ☐ 4 slices cucumber
- ☐ 3 cups pimm's no. 1 cup
- ☐ 4 servings ice cubes
- ☐ 4 slices optional: lemon
- ☐ 1 cup lemon-lime soda
- ☐ 1 cup pink lemonade kool-aid

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Fill 4 (8 to 10-ounce) highball glasses with ice cubes. Divide the lemon and cucumber slices among the glasses.
- ☐ In a large pitcher, pour in the seltzer, lemonade and Pimm's. Stir to combine.
- ☐ Pour mixture into prepared glasses and enjoy!

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:4.96, Inflammation Score:-3, Nutrition Score:10.409565231074%

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: 690.45kcal (34.52%), Fat: 22.03g (33.9%), Saturated Fat: 5.8g (36.28%), Carbohydrates: 115.93g (38.64%), Net Carbohydrates: 114.26g (41.55%), Sugar: 76.24g (84.71%), Cholesterol: 3.55mg (1.18%), Sodium: 592.95mg (25.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.85mg (2.95%), Protein: 9.75g (19.51%), Selenium: 23.1µg (33%), Vitamin B2: 0.43mg (25.44%), Calcium: 236.33mg (23.63%), Vitamin B1: 0.34mg (22.33%), Manganese: 0.36mg (17.84%), Folate: 69.18µg (17.29%), Phosphorus: 167.61mg (16.76%), Iron: 2.77mg (15.37%), Vitamin B3: 2.74mg (13.69%), Vitamin K: 9.55µg (9.1%), Fiber: 1.66g (6.66%), Copper: 0.12mg (6.06%), Magnesium: 23.84mg (5.96%), Potassium: 188.34mg (5.38%), Vitamin C: 4.29mg (5.2%), Zinc: 0.6mg (3.97%), Vitamin B5: 0.36mg (3.57%), Vitamin B12: 0.14µg (2.37%), Vitamin B6: 0.05mg (2.32%), Vitamin A: 98.85IU (1.98%), Vitamin E: 0.23mg (1.5%)