

Pimm's Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



54 kcal

BEVERAGE

DRINK

Ingredients

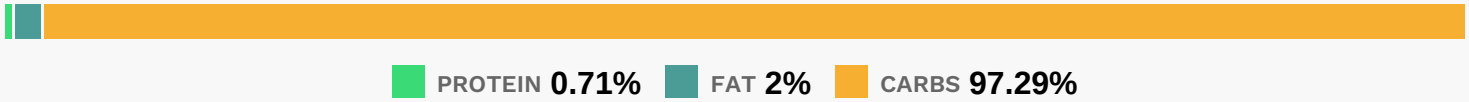
- ☐ 1.5 teaspoons agave syrup
- ☐ 1 serving ice cubes
- ☐ 1.5 tablespoons juice of lemon freshly squeezed
- ☐ 1 sprigs citrus wedges quartered
- ☐ 0.8 cup orange pekoe tea chilled brewed
- ☐ 0.3 cup pimm's no 1
- ☐ 0.3 cup pimm's no 1

Equipment

Directions

- ☐ Fill a highball glass with ice.
- ☐ Add the Pimm's, tea, agave syrup or honey, and lemon juice and stir well. Decorate the drink lavishly.
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Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:2.5965217260401%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg, Pelargonidin: 0.25mg Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg, Catechin: 2.7mg Epigallocatechin: 14.26mg, Epigallocatechin: 14.26mg, Epigallocatechin: 14.26mg, Epigallocatechin: 14.26mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg, Epicatechin 3-gallate: 10.37mg Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg, Epigallocatechin 3-gallate: 16.57mg Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg Thearubigins: 143.9mg, Thearubigins: 143.9mg, Thearubigins: 143.9mg, Thearubigins: 143.9mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg, Theaflavin-3,3'-digallate: 3.1mg Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg, Theaflavin-3'-gallate: 2.67mg Gallocatechin: 2.21mg, Gallocatechin: 2.21mg, Gallocatechin: 2.21mg, Gallocatechin: 2.21mg

Nutrients (% of daily need)

Calories: 53.54kcal (2.68%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 13.5g (4.91%), Sugar: 10.82g (12.02%), Cholesterol: 0mg (0%), Sodium: 8.94mg (0.39%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Caffeine: 35.4mg (11.8%), Protein: 0.1g (0.2%), Manganese: 0.39mg (19.75%), Vitamin C: 11.85mg (14.36%), Folate: 18.09µg (4.52%), Vitamin K: 3.4µg (3.24%), Vitamin B2: 0.05mg (3.13%), Potassium: 90.79mg (2.59%), Vitamin B6: 0.05mg (2.3%), Magnesium: 7.5mg (1.88%), Vitamin B1: 0.02mg (1.6%), Copper: 0.03mg (1.6%), Vitamin E: 0.18mg (1.22%)