



Pimm's Melon Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



1

CALORIES



495 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 ounce cardamom
- 1 serving ginger ale
- 0.5 ounce cardamom pods green
- 1.5 ounces pepperoncini pepper juice (see note above)
- 0.3 ounce juice of lemon freshly squeezed
- 0.5 cup sugar
- 0.5 cup water

Equipment

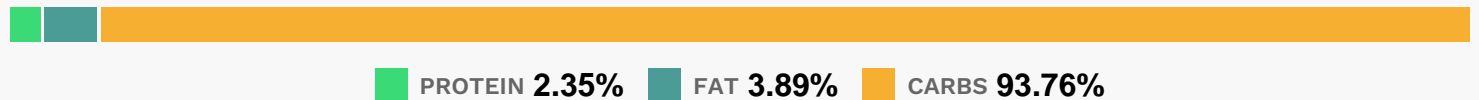
food processor

pot

Directions

- For the Cardamom Syrup: Pulse cardamom pods in a spice grinder or small food processor until broken into chunks, about 30 seconds.
- Combine water and cardamom in a small pot and bring to a boil.
- Remove from heat and let cardamom steep for 10 minutes.
- Add sugar and stir until completely dissolved.
- Let steep at room temperature, 2 hours, then fine strain. Syrup can be kept in refrigerator up to 1 week.
- Combine syrup, lemon juice, honeydew juice, and Pimm's in a cocktail shaker. Fill with ice. Shake until well chilled, about 15 seconds. Strain into an ice-filled Collins glass. Top with ginger ale and serve, garnished with lemon slice and melon ball if desired.

Nutrition Facts



Properties

Glycemic Index:183.84, Glycemic Load:72.36, Inflammation Score:-3, Nutrition Score:10.798695718303%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 494.63kcal (24.73%), Fat: 2.29g (3.53%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 124.39g (41.46%), Net Carbohydrates: 116.35g (42.31%), Sugar: 104.16g (115.73%), Cholesterol: 0mg (0%), Sodium: 13.86mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Manganese: 7.97mg (398.72%), Fiber: 8.04g (32.18%), Iron: 4.07mg (22.61%), Magnesium: 68.66mg (17.17%), Zinc: 2.15mg (14.35%), Calcium: 116.98mg (11.7%), Vitamin C: 9.08mg (11%), Potassium: 369.49mg (10.56%), Copper: 0.14mg (7.05%), Phosphorus: 54.01mg (5.4%),

Vitamin B2: 0.08mg (4.64%), Vitamin B1: 0.07mg (4.45%), Vitamin B6: 0.08mg (3.81%), Vitamin B3: 0.35mg (1.75%)