



Pimm's No. 1 Cup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

Ingredients

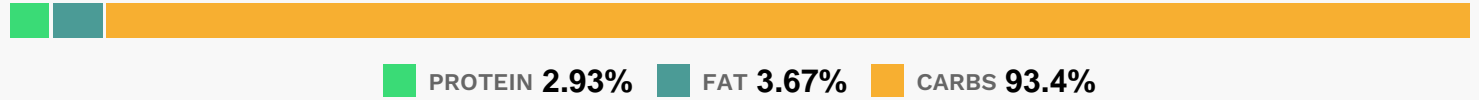
- 1 cucumber sliced
- 1 optional: lemon sliced
- 1 cup lemonade concentrate thawed
- 1 cranberry-orange relish sliced
- 4 cups seltzer water
- 1 cup pimm's no. 1
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Equipment

Directions

- Stir together first 5 ingredients in a large pitcher. Gently stir in soda.
- Serve immediately over ice.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:0.96, Inflammation Score:-2, Nutrition Score:2.7665216909802%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 74.08kcal (3.7%), Fat: 0.33g (0.5%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 17.64g (6.41%), Sugar: 15.55g (17.27%), Cholesterol: 0mg (0%), Sodium: 27.93mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin C: 20.94mg (25.38%), Fiber: 1.12g (4.49%), Potassium: 122.93mg (3.51%), Folate: 13.72µg (3.43%), Vitamin K: 2.76µg (2.63%), Magnesium: 10.47mg (2.62%), Copper: 0.05mg (2.5%), Vitamin B1: 0.04mg (2.48%), Calcium: 23.29mg (2.33%), Vitamin B6: 0.05mg (2.28%), Manganese: 0.04mg (2.03%), Vitamin B5: 0.19mg (1.91%), Phosphorus: 14.4mg (1.44%), Zinc: 0.21mg (1.42%), Vitamin A: 66.81IU (1.34%), Iron: 0.22mg (1.21%), Vitamin B2: 0.02mg (1.1%)