



## Rob and Becky's Pimm's™ Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



191 kcal

BEVERAGE

DRINK

### Ingredients

- 4 inch wedge of cucumber
- 3 leaves mint leaves fresh
- 0.5 optional: lemon sliced
- 2 quarts pink lemonade kool-aid
- 0.5 lime sliced
- 1 cranberry-orange relish sliced
- 1 apples red cored thinly sliced

### Equipment

## Directions

- Stir together the Pimm's liqueur and lemonade together in a serving pitcher.
- Add the cucumber wedge, apple, orange, lemon, lime, pineapple, strawberries, and mint. Refrigerate until cold, or serve over ice.

## Nutrition Facts

**PROTEIN 0.89%** **FAT 0.55%** **CARBS 98.56%**

## Properties

Glycemic Index:35.25, Glycemic Load:28.07, Inflammation Score:-2, Nutrition Score:2.2704347845005%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg Hesperetin: 10.86mg, Hesperetin: 10.86mg, Hesperetin: 10.86mg, Hesperetin: 10.86mg Naringenin: 3.58mg, Naringenin: 3.58mg, Naringenin: 3.58mg, Naringenin: 3.58mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 190.54kcal (9.53%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 48.23g (16.08%), Net Carbohydrates: 46.55g (16.93%), Sugar: 42.86g (47.62%), Cholesterol: 0mg (0%), Sodium: 20.64mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.87%), Vitamin C: 19.47mg (23.6%), Fiber: 1.67g (6.7%), Potassium: 92.54mg (2.64%), Folate: 9.16µg (2.29%), Vitamin B1: 0.03mg (2%), Vitamin B6: 0.04mg (1.8%), Calcium: 15.03mg (1.5%), Vitamin A: 72.56IU (1.45%), Copper: 0.03mg (1.31%), Magnesium: 4.98mg (1.24%), Vitamin B2: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.06%), Manganese: 0.02mg (1.04%)