



## Rob and Becky's Pimm's™ Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



206 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
- 2 slices pineapple fresh
- 1 apples red cored thinly sliced

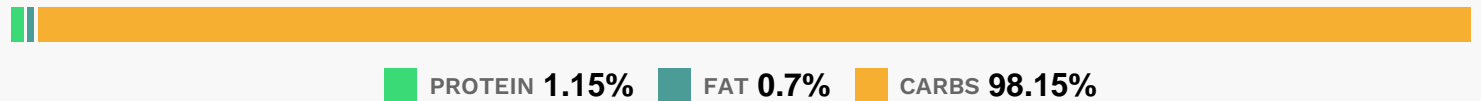
- 2 strawberries sliced
- 1 cup pimm's no. 1 (gin-based liqueur)
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## Equipment

## 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



## Properties

Glycemic Index:51.69, Glycemic Load:30.08, Inflammation Score:-3, Nutrition Score:4.3317390498908%

## Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg, Pelargonidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg 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: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg, Naringenin: 3.59mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 205.82kcal (10.29%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 50.06g (18.2%), Sugar: 45.81g (50.9%), Cholesterol: 0mg (0%), Sodium: 20.96mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 35.2mg (42.67%), Manganese: 0.3mg (14.79%),

Fiber: 2.15g (8.58%), Folate: 15.16µg (3.79%), Potassium: 129.18mg (3.69%), Vitamin B1: 0.05mg (3.54%), Vitamin B6: 0.07mg (3.46%), Copper: 0.06mg (2.95%), Magnesium: 8.86mg (2.21%), Calcium: 19.31mg (1.93%), Vitamin A: 89.28IU (1.79%), Vitamin B2: 0.03mg (1.76%), Vitamin B5: 0.17mg (1.71%), Iron: 0.25mg (1.38%), Vitamin B3: 0.27mg (1.33%), Phosphorus: 12.41mg (1.24%), Vitamin K: 1.11µg (1.05%)