

Sherry Pim's Cup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



72 kcal

BEVERAGE

DRINK

Ingredients



1 ounce seltzer water



1 cucumber



1 tablespoon juice of lemon fresh



1 lime wedges



1 serving mint leaves



0.5 ounce cooking sherry



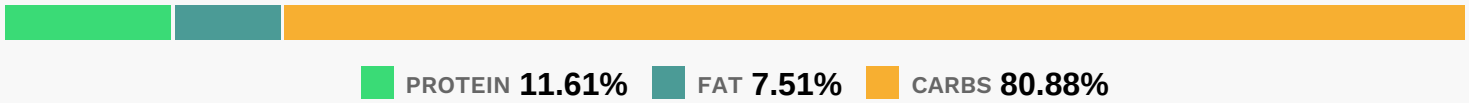
1 teaspoon sugar

Equipment

Directions

- ☐
- Gently muddle a 1"-thick unpeeled cucumber slice, 1 tablespoon fresh lemon juice, and 1 teaspoon sugar in a cocktail shaker to release juice.
- ☐
- Add 2 ounces Pimm's No. 1 and fill with ice. Cover; shake until outside of shaker is frosty, about 30 seconds. Strain into a large goblet filled with fresh ice. Top with 1 ounce club soda and 1/2 ounce Amontillado Sherry.
- ☐
- Garnish with a cucumber spear, mint sprigs, and a lime wedge.

Nutrition Facts



Properties

Glycemic Index:132.09, Glycemic Load:3.95, Inflammation Score:-5, Nutrition Score:7.5786956652351%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 10.07mg, Hesperetin: 10.07mg, Hesperetin: 10.07mg, Hesperetin: 10.07mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 72.42kcal (3.62%), Fat: 0.57g (0.88%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 11.18g (4.06%), Sugar: 8.95g (9.94%), Cholesterol: 0mg (0%), Sodium: 13.52mg (0.59%), Alcohol: 1.46g (100%), Alcohol %: 0.49% (100%), Protein: 2g (3.99%), Vitamin C: 20.96mg (25.41%), Vitamin K: 21.76µg (20.73%), Potassium: 458.21mg (13.09%), Manganese: 0.25mg (12.55%), Folate: 47.72µg (11.93%), Copper: 0.23mg (11.65%), Fiber: 2.73g (10.92%), Magnesium: 40.48mg (10.12%), Vitamin B6: 0.18mg (8.8%), Vitamin B5: 0.79mg (7.88%), Phosphorus: 70.72mg (7.07%), Vitamin B1: 0.1mg (6.9%), Calcium: 54mg (5.4%), Vitamin A: 268.38IU (5.37%), Vitamin B2: 0.09mg (5.08%), Iron: 0.87mg (4.86%), Zinc: 0.59mg (3.96%), Vitamin E: 0.15mg (1.01%)