

Sherry Pim's Cup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients



1 ounce club soda



1 cucumber spear



1 slice "-thick cucumber unpeeled



1 tablespoon juice of lemon fresh



1 lime wedges



1 serving mint sprigs



0.5 ounce amontillado sherry



1 teaspoon sugar

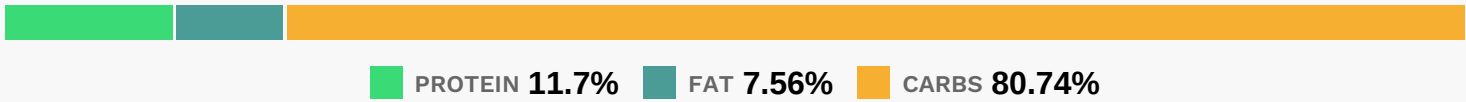
- ☐ 2 ounces pimm's no. 1
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Equipment

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:147.09, Glycemic Load:3.96, Inflammation Score:-5, Nutrition Score:7.7239129802455%

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: 73.26kcal (3.66%), Fat: 0.59g (0.9%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 11.28g (4.1%), Sugar: 9.05g (10.05%), Cholesterol: 0mg (0%), Sodium: 13.66mg (0.59%), Alcohol: 1.46g (100%), Alcohol %: 0.48% (100%), Protein: 2.04g (4.07%), Vitamin C: 21.18mg (25.68%), Vitamin K: 22.27µg (21.21%), Potassium: 467.73mg (13.36%), Manganese: 0.26mg (12.81%), Folate: 48.7µg (12.18%), Copper: 0.24mg (11.9%), Fiber: 2.78g (11.11%), Magnesium: 41.32mg (10.33%), Vitamin B6: 0.18mg (8.98%), Vitamin B5: 0.81mg (8.05%), Phosphorus: 72.19mg (7.22%), Vitamin B1: 0.11mg (7.05%), Calcium: 54.98mg (5.5%), Vitamin A: 273.42IU (5.47%), Vitamin B2: 0.09mg (5.19%), Iron: 0.89mg (4.94%), Zinc: 0.61mg (4.04%), Vitamin E: 0.15mg (1.03%)