

## Virgin Pimm's Cup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



195 min.

SERVINGS



1

CALORIES



1091 kcal

BEVERAGE

DRINK

### Ingredients

- 1 teaspoon allspice
- 1 teaspoon aniseed
- 1 ginger tea bags black
- 1 teaspoon coriander seeds
- 0.5 teaspoon t brown sugar dark packed
- 1 serving cucumber english with a vegetable peeler sliced lengthwise into strips
- 0.5 teaspoon ginger fresh grated peeled
- 2 ounces prepare as

- 1 medium grapefruit
- 1 serving ice cubes
- 2 tablespoons juniper berries
- 1 medium optional: lemon
- 0.3 ounce juice of lemon freshly squeezed
- 2 cups red wine
- 2 cups wine

## Equipment

- bowl
- frying pan
- sieve
- peeler

## Directions

- Place the juniper, allspice, anise, and coriander in a small frying pan over medium heat and toast, shaking the pan occasionally, until fragrant, about 3 minutes.
- Remove to a medium bowl. Using a vegetable peeler, remove the zest from the grapefruit and add it to the bowl.
- Place the juniper, anise, and coriander in a small frying pan over medium heat and toast, shaking the pan occasionally, until fragrant, about 3 minutes.
- Remove to a medium bowl. Using a vegetable peeler, remove the zest from the lemon and add it to the bowl.
- Place 2 1/2 ounces of the red wine infusion, 1 1/2 ounces of the white wine infusion, the tea bag, lemon juice, ginger, and brown sugar in a cocktail shaker and muddle gently. Set aside to infuse for 5 minutes. Fill an 8-ounce glass halfway with ice. Coil 1 to 2 strips of cucumber around the inside top half of the glass, then add more ice to fill the glass.
- Place a small, fine-mesh strainer over the glass, fit a standard cocktail strainer over the shaker, and pour the mocktail through both strainers into the glass; discard the contents of the fine-mesh strainer. Top with the ginger beer, stir gently, and serve immediately. Refrigerate the remaining wine infusions for up to 1 month.

# Nutrition Facts

PROTEIN 5.8% FAT 13.78% CARBS 80.42%

## Properties

Glycemic Index:178.5, Glycemic Load:14.93, Inflammation Score:-10, Nutrition Score:26.880434689314%

## Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 9.5mg, Petunidin: 9.5mg, Petunidin: 9.5mg, Petunidin: 9.5mg Delphinidin: 9.65mg, Delphinidin: 9.65mg, Delphinidin: 9.65mg, Delphinidin: 9.65mg Malvidin: 66.72mg, Malvidin: 66.72mg, Malvidin: 66.72mg, Malvidin: 66.72mg Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg Catechin: 37.97mg, Catechin: 37.97mg, Catechin: 37.97mg, Catechin: 37.97mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 20.83mg, Epicatechin: 20.83mg, Epicatechin: 20.83mg, Epicatechin: 20.83mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Eriodictyol: 23.41mg, Eriodictyol: 23.41mg, Eriodictyol: 23.41mg, Eriodictyol: 23.41mg Hesperetin: 37mg, Hesperetin: 37mg, Hesperetin: 37mg, Hesperetin: 37mg Naringenin: 94.57mg, Naringenin: 94.57mg, Naringenin: 94.57mg, Naringenin: 94.57mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 3.78mg, Luteolin: 3.78mg, Luteolin: 3.78mg, Luteolin: 3.78mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 2.63mg, Myricetin: 2.63mg, Myricetin: 2.63mg, Myricetin: 2.63mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg

## Nutrients (% of daily need)

Calories: 1090.74kcal (54.54%), Fat: 6.67g (10.26%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 87.5g (29.17%), Net Carbohydrates: 77.89g (28.32%), Sugar: 35.97g (39.97%), Cholesterol: 0mg (0%), Sodium: 58.75mg (2.55%), Alcohol: 100.32g (100%), Alcohol %: 8.25% (100%), Protein: 6.31g (12.63%), Vitamin C: 144.13mg (174.71%), Manganese: 1.57mg (78.29%), Vitamin A: 3065.22IU (61.3%), Potassium: 1641.77mg (46.91%), Magnesium: 162.86mg (40.71%), Vitamin B6: 0.79mg (39.28%), Fiber: 9.62g (38.46%), Iron: 6.04mg (33.58%), Phosphorus: 296.18mg (29.62%), Calcium: 239.63mg (23.96%), Vitamin B2: 0.35mg (20.88%), Vitamin B1: 0.23mg (15.59%), Folate: 61.92µg (15.48%), Copper: 0.3mg (15.18%), Vitamin B5: 1.4mg (14%), Vitamin B3: 2.54mg (12.68%), Zinc: 1.89mg (12.58%), Vitamin K: 12.37µg (11.78%), Selenium: 3.14µg (4.48%), Vitamin E: 0.52mg (3.49%)