



Beloved's Storm Warning



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



4 min.

SERVINGS



1

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 serving angostura bitters



1 serving seltzer water (see note above)



0.8 ounce ginger juice sweetened (see note above)



0.5 ounce juice of lime fresh



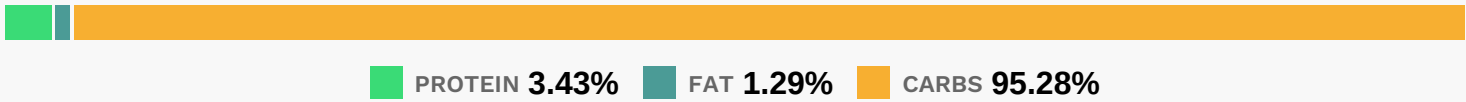
1 ounce rum

Equipment

Directions

- ☐
- Combine rum, Cynar, ginger juice, and lime juice in shaker with a small handful of pebble-sized pieces of cracked ice. Shake until fully chilled and diluted (about 15 seconds).
- ☐
- Strain into iced filled Collins glass, top with club soda and three dashes Peychaud's bitters, serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.42347826436162%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 76.56kcal (3.83%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 2.2mg (0.1%), Alcohol: 9.92g (100%), Alcohol %: 19.11% (100%), Protein: 0.06g (0.12%), Vitamin C: 4.25mg (5.15%)