



Bul



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



12 ounce beer chilled



12 ounce ginger ale chilled



0.3 cup juice of lime fresh

Equipment

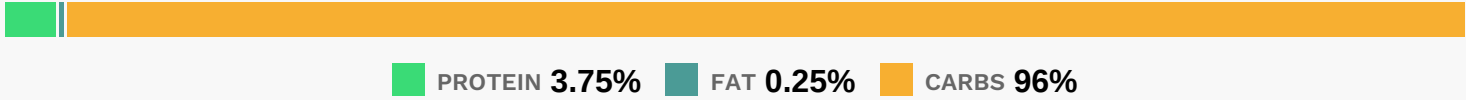
Directions



Combine the first 3 ingredients in a pitcher.

- ☐ Serve over ice.
- ☐ Garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:5.92, Inflammation Score:-3, Nutrition Score:1.2143478150601%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 70.53kcal (3.53%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 12.09g (4.4%), Sugar: 7.91g (8.79%), Cholesterol: 0mg (0%), Sodium: 9.76mg (0.42%), Alcohol: 3.32g (100%), Alcohol %: 2.21% (100%), Protein: 0.48g (0.95%), Vitamin C: 6.05mg (7.33%), Vitamin B6: 0.05mg (2.34%), Vitamin B3: 0.46mg (2.32%), Magnesium: 7.57mg (1.89%), Folate: 7.12µg (1.78%), Phosphorus: 14.73mg (1.47%), Vitamin B2: 0.02mg (1.43%), Potassium: 47.41mg (1.35%), Copper: 0.03mg (1.25%), Manganese: 0.02mg (1.07%), Iron: 0.19mg (1.05%)