



## Butterbeer

 **Gluten Free**  **Low Fod Map**

READY IN



**6 min.**

SERVINGS



**2**

CALORIES



**122 kcal**

SIDE DISH

### Ingredients

- 1 tablespoon brown sugar
- 1 teaspoon butter
- 0.3 teaspoon cinnamon
- 2 cups ginger ale

### Equipment

- microwave
- measuring cup

## Directions

- Place the ginger ale in a 2-cup microwave-safe measuring cup, and microwave on high until the soda is hot but not boiling, 1 to 2 minutes. Gently stir in the butter to melt, then stir in the brown sugar and cinnamon. Don't stir too vigorously to avoid the soda fizzing up.
- Pour the drink into mugs, and serve.

## Nutrition Facts

**PROTEIN 0.12%** **FAT 14.56%** **CARBS 85.32%**

## Properties

Glycemic Index:59, Glycemic Load:13.03, Inflammation Score:-1, Nutrition Score:0.69391304270729%

## Nutrients (% of daily need)

Calories: 121.58kcal (6.08%), Fat: 2.03g (3.12%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 26.63g (9.68%), Sugar: 26.83g (29.81%), Cholesterol: 5.38mg (1.79%), Sodium: 34.3mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Manganese: 0.08mg (3.91%), Iron: 0.49mg (2.71%), Copper: 0.05mg (2.31%), Calcium: 15.16mg (1.52%), Vitamin A: 63.21IU (1.26%)