



WHATSheATE



Cocktail: The Dark 'n' Stormy



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 ounces prepare as with all flavor permutations--original, premium, and extra ginger. go with extra ginger.)



1 serving lime



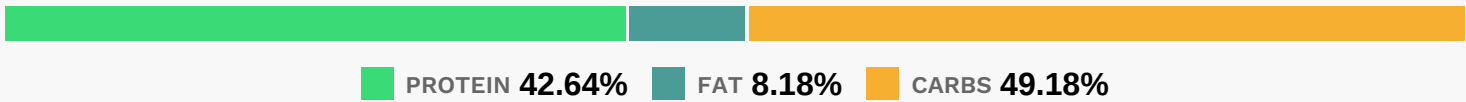
2 shots fish fillet for goslings, the classic bermudan brand, used in this and the island's fish chowder. a 750ml bottle is \$18. (Go)

Equipment

Directions

- ☐ Pour two shots of rum over ice.
- ☐ Add the ginger beer.
- ☐ Add the juice of half of the lime. Stir well. If you're really daring, attempt a lime curlicue garnish--slice off the lime's skin in one peel, then roll it up like a cinnamon roll.
- ☐ Cut about a centimeter apart, untwist, and add to drink.

Nutrition Facts



Properties

Glycemic Index:95, Glycemic Load:12.69, Inflammation Score:-2, Nutrition Score:8.3039130468083%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 164.38kcal (8.22%), Fat: 1.52g (2.34%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 20.41g (7.42%), Sugar: 20.3g (22.56%), Cholesterol: 44.36mg (14.79%), Sodium: 62.15mg (2.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.73%), Selenium: 37.34µg (53.34%), Vitamin B12: 1.4µg (23.36%), Vitamin D: 2.75µg (18.34%), Vitamin B3: 3.48mg (17.38%), Phosphorus: 152.09mg (15.21%), Potassium: 277.34mg (7.92%), Vitamin B6: 0.15mg (7.34%), Magnesium: 26.64mg (6.66%), Copper: 0.11mg (5.6%), Folate: 21.85µg (5.46%), Iron: 0.95mg (5.26%), Vitamin B5: 0.45mg (4.47%), Vitamin B2: 0.06mg (3.37%), Manganese: 0.06mg (3.14%), Zinc: 0.41mg (2.76%), Vitamin B1: 0.04mg (2.57%), Vitamin E: 0.37mg (2.47%), Vitamin C: 2.04mg (2.47%), Calcium: 17.99mg (1.8%), Vitamin K: 1.28µg (1.22%)