



## Dark and Stormy Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



177 kcal

BEVERAGE

DRINK

### Ingredients

- 2 fluid ounces rum dark
- 4 fluid ounces prepare as
- 0.5 cup ice cubes

### Equipment

### Directions

- Combine rum and ginger beer in an old-fashioned glass.

Add ice and stir.

## Nutrition Facts

 PROTEIN 0%  FAT 0%  CARBS 100%

### Properties

Glycemic Index:78, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:0.35217391075971%

### Nutrients (% of daily need)

Calories: 176.83kcal (8.84%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 10.36g (3.77%), Sugar: 10.53g (11.7%), Cholesterol: 0mg (0%), Sodium: 14.79mg (0.64%), Alcohol: 19.75g (100%), Alcohol %: 8.47% (100%), Protein: 0g (0%), Copper: 0.05mg (2.63%), Iron: 0.24mg (1.31%), Manganese: 0.03mg (1.3%)