

Dark 'n' Stormy

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



194 kcal

BEVERAGE

DRINK

Ingredients

- 6 ounces prepare as
- 1 serving ice cubes
- 1 lime wedges
- 2 ounces rum black

Equipment

Directions

Place several ice cubes in a tall glass and add the rum. Top with the ginger beer, add the lime wedge, and stir.

Nutrition Facts

PROTEIN 0.74% **FAT 0.48%** **CARBS 98.78%**

Properties

Glycemic Index:110, Glycemic Load:9.83, Inflammation Score:-2, Nutrition Score:1.0013043482019%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 194.21kcal (9.71%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 16.29g (5.92%), Sugar: 15.44g (17.16%), Cholesterol: 0mg (0%), Sodium: 15.63mg (0.68%), Alcohol: 18.94g (100%), Alcohol %: 7.98% (100%), Protein: 0.13g (0.25%), Vitamin C: 5.24mg (6.35%), Copper: 0.06mg (3.16%), Iron: 0.44mg (2.43%), Fiber: 0.5g (2.02%), Manganese: 0.03mg (1.69%), Calcium: 12.72mg (1.27%)