



## Dark 'n' Stormy Milk Shake



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



978 kcal

BEVERAGE

DRINK

## Ingredients

- 2 ounces rum dark such as gosling's
- 5 teaspoons ginger juice
- 1 lime for garnish
- 1 teaspoon juice of lime freshly squeezed
- 1 teaspoon lime zest (from 1 medium lime)
- 14 ounce whipped cream

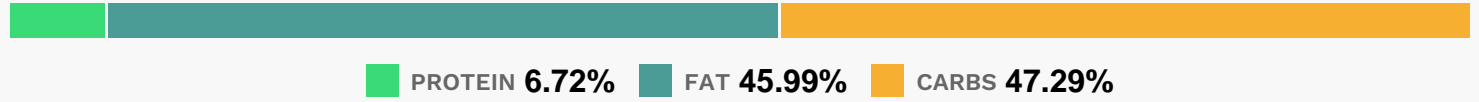
## Equipment

- blender

## Directions

- Place all of the ingredients in a blender. Pulse 8 to 10 times or until mostly smooth.
- Pour into a chilled glass, garnish with a lime twist if you want to get fancy, and serve.

## Nutrition Facts



## Properties

Glycemic Index:140, Glycemic Load:57.14, Inflammation Score:-8, Nutrition Score:18.203478377798%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 30.12mg, Hesperetin: 30.12mg, Hesperetin: 30.12mg, Hesperetin: 30.12mg Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg, Naringenin: 2.37mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 977.74kcal (48.89%), Fat: 43.8g (67.38%), Saturated Fat: 26.96g (168.53%), Carbohydrates: 101.33g (33.78%), Net Carbohydrates: 96.6g (35.13%), Sugar: 85.39g (94.88%), Cholesterol: 174.63mg (58.21%), Sodium: 321.23mg (13.97%), Alcohol: 18.94g (100%), Alcohol %: 4.34% (100%), Protein: 14.4g (28.79%), Vitamin B2: 0.97mg (57.02%), Calcium: 531.49mg (53.15%), Phosphorus: 432.13mg (43.21%), Vitamin A: 1707.92IU (34.16%), Vitamin C: 23.96mg (29.04%), Vitamin B12: 1.55µg (25.8%), Potassium: 867.18mg (24.78%), Vitamin B5: 2.46mg (24.62%), Zinc: 2.84mg (18.94%), Fiber: 4.73g (18.92%), Magnesium: 60.11mg (15.03%), Vitamin B1: 0.19mg (12.54%), Vitamin B6: 0.22mg (11.13%), Selenium: 7.43µg (10.61%), Vitamin E: 1.35mg (9.02%), Copper: 0.15mg (7.47%), Folate: 25.86µg (6.47%), Vitamin D: 0.79µg (5.29%), Iron: 0.8mg (4.44%), Vitamin B3: 0.61mg (3.06%), Manganese: 0.05mg (2.42%), Vitamin K: 1.63µg (1.56%)