



Dark & Stormy Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients



2 ounce rum dark



1 slice ginger fresh



4 ounce prepare as



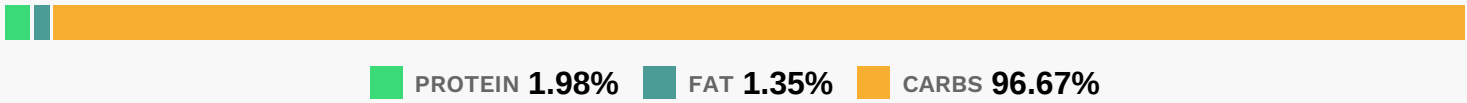
2 lime wedges

Equipment

Directions

- Fill an old-fashioned glass with ice and add the fresh ginger slice.
- Add the rum and syrup (if using), then stir to combine. Top with ginger beer. Squeeze the lime wedges over the drink and drop them in.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:7.19, Inflammation Score:-3, Nutrition Score:1.5660869394955%

Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 181.93kcal (9.1%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 13.02g (4.73%), Sugar: 10.73g (11.93%), Cholesterol: 0mg (0%), Sodium: 9.48mg (0.41%), Alcohol: 18.94g (100%), Alcohol %: 11.53% (100%), Protein: 0.29g (0.58%), Vitamin C: 10.58mg (12.82%), Fiber: 1.05g (4.19%), Copper: 0.06mg (3.01%), Iron: 0.45mg (2.53%), Manganese: 0.03mg (1.62%), Calcium: 15.6mg (1.56%), Potassium: 47.29mg (1.35%), Magnesium: 4.15mg (1.04%)