



Ginger Beer



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 oz amber beer chilled
- ☐ 0.5 cup rum dark
- ☐ 4 inch ginger fresh
- ☐ 4 cups ginger ale chilled

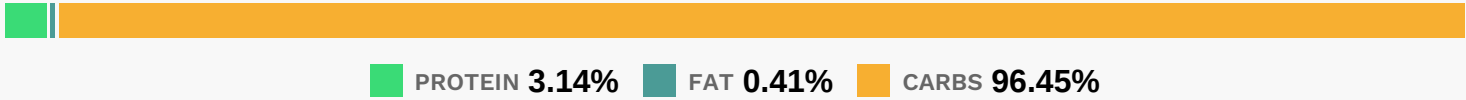
Equipment

- ☐ bowl
- ☐ box grater

Directions

- ☐ Grate ginger using large holes of a box grater. Squeeze juice from grated ginger into a small bowl to equal 2 tsp.; discard solids.
- ☐ Stir together juice from ginger, ginger ale, beer, and dark rum.
- ☐ Serve in chilled glasses.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:10.42, Inflammation Score:-4, Nutrition Score:1.1904347817535%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 152.19kcal (7.61%), Fat: 0.04g (0.05%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 18.54g (6.74%), Sugar: 14.08g (15.65%), Cholesterol: 0mg (0%), Sodium: 16.36mg (0.71%), Alcohol: 11.1g (100%), Alcohol %: 4.76% (100%), Protein: 0.61g (1.21%), Vitamin B3: 0.62mg (3.1%), Vitamin B6: 0.06mg (2.99%), Magnesium: 10.38mg (2.6%), Copper: 0.05mg (2.44%), Manganese: 0.04mg (2.19%), Iron: 0.34mg (1.9%), Phosphorus: 18.26mg (1.83%), Folate: 7.32µg (1.83%), Vitamin B2: 0.03mg (1.81%), Potassium: 51.96mg (1.48%), Selenium: 0.87µg (1.24%)