



## Ginger Rum Shandies

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



374 kcal

BEVERAGE

DRINK

### Ingredients

- 1 slices apples for garnish
- 0.5 cup apple juice
- 10 slices ginger plus more for grating peeled thin
- 6 ounces spiced rum
- 1 cup sugar
- 2 cups light-bodied wheat beer

### Equipment

- sauce pan

# Directions

- Combine the sliced ginger, sugar and 1 cup water in a small saucepan over medium-high heat. Bring to a boil, stirring until the sugar dissolves; reduce the heat to medium and cook until syrupy, 15 to 20 minutes. Strain and let cool.
- For each cocktail, combine 2 tablespoons each of the ginger syrup and apple juice, 1 1/2 ounces rum and 3 or 4 gratings of ginger in a cocktail shaker with ice. Shake well and pour into a short glass. Top with 1/2 cup beer and garnish with apple slices.
- Photograph by James Wojcik

# Nutrition Facts

**PROTEIN 1.16%** **FAT 1.01%** **CARBS 97.83%**

## Properties

Glycemic Index:53.34, Glycemic Load:39.12, Inflammation Score:-5, Nutrition Score:1.7443478237028%

## Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 373.9kcal (18.7%), Fat: 0.28g (0.44%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 62.14g (20.71%), Net Carbohydrates: 61.33g (22.3%), Sugar: 55.8g (62%), Cholesterol: 0mg (0%), Sodium: 7.81mg (0.34%), Alcohol: 18.81g (100%), Alcohol %: 8.71% (100%), Protein: 0.74g (1.47%), Vitamin B6: 0.08mg (3.97%), Vitamin B3: 0.7mg (3.48%), Potassium: 114.93mg (3.28%), Fiber: 0.82g (3.26%), Vitamin B2: 0.05mg (3.22%), Manganese: 0.06mg (3.15%), Magnesium: 12.14mg (3.04%), Phosphorus: 25.09mg (2.51%), Vitamin C: 1.78mg (2.16%), Folate: 8.45µg (2.11%), Copper: 0.04mg (2.04%), Selenium: 1.07µg (1.53%), Vitamin B1: 0.02mg (1.39%), Calcium: 10.14mg (1.01%)