



## Guinness Cream Soda

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



179 kcal

BEVERAGE

DRINK

### Ingredients

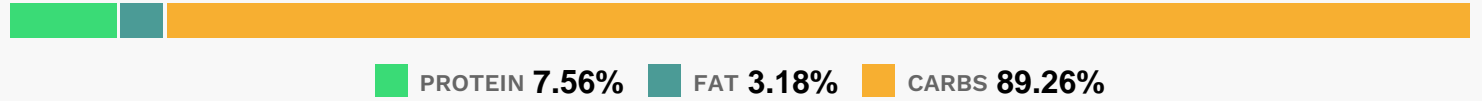
- 36 ounce seltzer water chilled canned
- 6 ounces ginger chilled
- 44.7 ounce porter chilled canned
- 6 ounces vanilla chilled

### Equipment

### Directions

- Place the ginger and vanilla liqueurs in a (6-cup) pitcher and stir to combine.
- Add the club soda and stir gently to combine. To serve, fill a chilled pint glass halfway with the club soda mixture. Holding a spoon over the glass, slowly pour the Guinness over the back of the spoon until the glass is full. Stir gently if desired and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:1.7234782783072%

## Nutrients (% of daily need)

Calories: 178.67kcal (8.93%), Fat: 0.23g (0.35%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.95g (5.07%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 41.96mg (1.82%), Alcohol: 9.75g (100%), Alcohol %: 2.82% (100%), Protein: 1.23g (2.46%), Manganese: 0.13mg (6.59%), Copper: 0.09mg (4.73%), Potassium: 163.01mg (4.66%), Magnesium: 17.29mg (4.32%), Vitamin B6: 0.05mg (2.64%), Fiber: 0.57g (2.27%), Vitamin B2: 0.04mg (2.15%), Zinc: 0.3mg (1.98%), Vitamin C: 1.42mg (1.72%), Vitamin B3: 0.33mg (1.67%), Calcium: 16.16mg (1.62%), Iron: 0.22mg (1.23%), Phosphorus: 11.34mg (1.13%)