



Hard Cider Ginger Shandy



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



170 kcal

BEVERAGE

DRINK

Ingredients



8 ounces cider hard chilled



8 ounces prepare as chilled

Equipment

Directions



Pour cider and ginger beer into pint or pilsner glass.

Nutrition Facts

PROTEIN 0%

FAT 0%

CARBS 100%

Properties

Glycemic Index:63, Glycemic Load:12.52, Inflammation Score:-5, Nutrition Score:0.35521738927649%

Nutrients (% of daily need)

Calories: 170.1kcal (8.5%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 25.88g (9.41%), Sugar: 26.19g (29.11%), Cholesterol: 0mg (0%), Sodium: 24.95mg (1.08%), Alcohol: 11.34g (100%), Alcohol %: 3.17% (100%), Protein: 0g (0%), Iron: 0.41mg (2.27%), Copper: 0.04mg (2.04%), Manganese: 0.03mg (1.47%)