



Homemade Root Beer

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



32

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pounds ice cubes dry
- 2 ounce root beer extract
- 3.3 gallons water cold
- 6 cups sugar white

Equipment

Directions

- In a large cooler, mix together the sugar and water, stirring to dissolve sugar completely. Stir in the root beer extract. Carefully place the dry ice into the cooler, and cover loosely with the lid. Do not secure the lid, as pressure may build up.
- Let the mixture brew for about an hour before serving. Leftover root beer can be stored in one gallon milk jugs.

Nutrition Facts

PROTEIN 0% **FAT 0.71%** **CARBS 99.29%**

Properties

Glycemic Index:2.19, Glycemic Load:26.18, Inflammation Score:1, Nutrition Score:0.32913043333784%

Nutrients (% of daily need)

Calories: 145.1kcal (7.26%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 37.54g (13.65%), Sugar: 37.61g (41.79%), Cholesterol: 0mg (0%), Sodium: 23.16mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Copper: 0.07mg (3.75%), Calcium: 13.99mg (1.4%), Magnesium: 4.53mg (1.13%)