

## Jamaican Red Storm



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



1852 kcal

BEVERAGE

DRINK

### Ingredients



1 ounce rum dark (such as meyers)



3 ounce prepare as



750 ml rum light

### Equipment



slotted spoon

### Directions

- ☐ Combine the beet infused rum, and ginger beer in a tall glass full of ice cubes. Using the back of a spoon float dark rum on top and stir gently.
- ☐ Put the beets in a wide-mouthed glass jar with a lid.
- ☐ Add the rum and seal the container tightly. The mixture will immediately turn a bright red. Store the rum in a cool dark place for 3 days, rotating the jar to mix at least once a day. After 3 days remove and discard the beets, using a slotted spoon. Replace the lid and store in the refrigerator for up to six months.

## Nutrition Facts



## Properties

Glycemic Index:93, Glycemic Load:4.69, Inflammation Score:-9, Nutrition Score:1.384782616535%

## Nutrients (% of daily need)

Calories: 1851.89kcal (92.59%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 7.45g (2.71%), Sugar: 7.57g (8.41%), Cholesterol: 0mg (0%), Sodium: 13.85mg (0.6%), Alcohol: 263.58g (100%), Alcohol %: 38.21% (100%), Protein: 0g (0%), Copper: 0.18mg (9.05%), Manganese: 0.15mg (7.66%), Phosphorus: 31.57mg (3.16%), Vitamin B1: 0.05mg (3.16%), Iron: 0.47mg (2.6%), Zinc: 0.36mg (2.39%), Vitamin B2: 0.03mg (1.86%)