

## Lime Shandies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



22 kcal

SIDE DISH

### Ingredients

- 0.3 cup juice of lime fresh
- 4 teaspoons sugar
- 4 rum such as pilsner
- 1 serving lime wedges for garnish

### Equipment

- bowl
- whisk

## Directions

- In a small bowl, whisk together lime juice and sugar until sugar dissolves. Divide mixture among 4 tall glasses and top with beer.
- Garnish each with a lime wedge and serve immediately.

## Nutrition Facts

**PROTEIN 1.21%** **FAT 0.99%** **CARBS 97.8%**

## Properties

Glycemic Index:29.27, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:0.41956522364331%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 21.57kcal (1.08%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.25g (4.72%), Cholesterol: 0mg (0%), Sodium: 0.36mg (0.02%), Alcohol: 0.33g (100%), Alcohol %: 2.08% (100%), Protein: 0.07g (0.13%), Vitamin C: 4.61mg (5.59%)