



## Lime Spritzers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



124 kcal

BEVERAGE

DRINK

## Ingredients

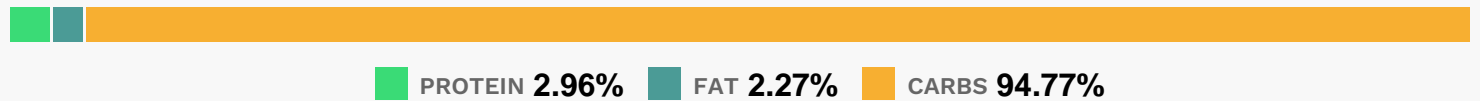
- 2 servings club soda
- 1 cup ice cubes
- 1 lime
- 3 ounces rum white
- 2 teaspoons sugar

## Equipment

## Directions

- Cut half the lime into thin slices. Juice the other half and pour into a cocktail shaker.
- Add the sugar and 2 slices of lime and mash gently.
- Add the rum and ice and shake.
- Pour the mixture into 2 glasses filled with ice and the remaining lime slices. Top off with club soda and serve.

## Nutrition Facts



## Properties

Glycemic Index:58.55, Glycemic Load:3.62, Inflammation Score:-2, Nutrition Score:1.2799999901782%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 123.68kcal (6.18%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.56g (2.39%), Sugar: 4.56g (5.06%), Cholesterol: 0mg (0%), Sodium: 7.26mg (0.32%), Alcohol: 14.2g (100%), Alcohol %: 9.03% (100%), Protein: 0.23g (0.47%), Vitamin C: 9.75mg (11.82%), Fiber: 0.94g (3.75%), Copper: 0.05mg (2.5%), Calcium: 14.69mg (1.47%), Iron: 0.22mg (1.22%)