



Non-Alcoholic Firewhiskey



Gluten Free



Dairy Free



Low Fod Map

READY IN



730 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

Ingredients

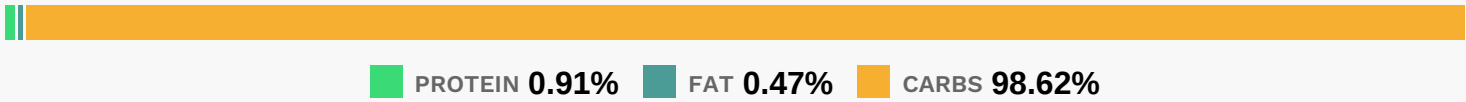
- ☐ 2 cinnamon sticks to taste
- ☐ 12 fluid ounce grapefruit-flavored soda to taste squirt® canned such as
- ☐ 1 drop desired color red
- ☐ 2 inch ginger root fresh peeled sliced
- ☐ 2 liter ginger ale
- ☐ 2 habanero peppers cut into 6 pieces wear gloves
- ☐ 0.5 cup cinnamon candies red hot

Equipment

Directions

- ☐ Combine the ginger ale, ginger, red hot candies, and cinnamon sticks in a large container; refrigerate until the candies dissolve completely, 8 hours or overnight.
- ☐ Add the habanero peppers to the ginger ale mixture for 4 hours or desired time; remove and discard peppers.
- ☐ Serve in small glasses.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:13.9, Inflammation Score:-2, Nutrition Score:3.1739130136759%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 134.01kcal (6.7%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 33.83g (12.3%), Sugar: 32.22g (35.8%), Cholesterol: 0mg (0%), Sodium: 27.98mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Vitamin C: 24.04mg (29.14%), Manganese: 0.23mg (11.3%), Fiber: 1.01g (4.02%), Copper: 0.07mg (3.71%), Iron: 0.64mg (3.54%), Vitamin B6: 0.07mg (3.54%), Vitamin K: 2.48µg (2.36%), Vitamin A: 112.66IU (2.25%), Calcium: 21.72mg (2.17%), Potassium: 66.48mg (1.9%), Magnesium: 7.19mg (1.8%), Zinc: 0.23mg (1.53%), Vitamin B1: 0.02mg (1.17%)