



Rum Old Fashioned



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



585 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 dash angostura bitters
- ☐ 0.3 cup club soda
- ☐ 1 teaspoon brown sugar dark
- ☐ 1 serving ice cubes
- ☐ 3 tablespoons rum light
- ☐ 1 maraschino cherry
- ☐ 1 piece piece pineapple fresh 1-inch-thick

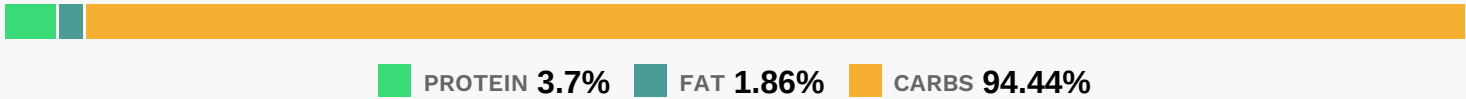
Equipment

- ☐ wooden spoon
- ☐ mortar and pestle

Directions

- ☐ Place first 4 ingredients in an old fashioned glass. Muddle with a pestle or the back of a wooden spoon into a chunky pulp. Fill glass with ice cubes; add rum and club soda. Stir until combined.

Nutrition Facts



Properties

Glycemic Index:73.67, Glycemic Load:62.12, Inflammation Score:-9, Nutrition Score:26.939130352891%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 584.66kcal (29.23%), Fat: 1.1g (1.69%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 125.04g (41.68%), Net Carbohydrates: 112.21g (40.8%), Sugar: 95.09g (105.66%), Cholesterol: 0mg (0%), Sodium: 26.04mg (1.13%), Alcohol: 15.48g (100%), Alcohol %: 1.82% (100%), Protein: 4.9g (9.81%), Vitamin C: 432.59mg (524.35%), Manganese: 8.4mg (420.06%), Fiber: 12.83g (51.32%), Copper: 1.03mg (51.32%), Vitamin B6: 1.02mg (50.8%), Vitamin B1: 0.72mg (47.84%), Folate: 162.94µg (40.73%), Potassium: 994.9mg (28.43%), Magnesium: 110.31mg (27.58%), Vitamin B3: 4.54mg (22.68%), Vitamin B5: 1.94mg (19.36%), Vitamin B2: 0.29mg (17.14%), Iron: 2.7mg (14.99%), Calcium: 128.31mg (12.83%), Vitamin A: 527.15IU (10.54%), Zinc: 1.18mg (7.89%), Phosphorus: 74.51mg (7.45%), Vitamin K: 6.41µg (6.1%), Selenium: 0.96µg (1.38%), Vitamin E: 0.18mg (1.22%)