



Shanghai Buck Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients



1 teaspoon aromatic bitters such as angostura



4 teaspoons ginger fresh grated



12 ounces prepare as



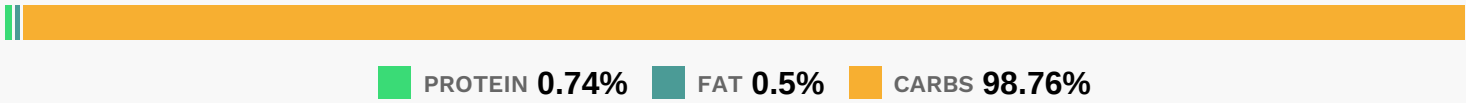
2 tablespoons juice of lime fresh

Equipment

Directions

- ☐
- Put 2 tsp. ginger, 1/2 tsp. bitters, and 1 tsp. juice into each of 2 tall cocktail glasses. Fill both glasses with ice.
- ☐
- Add rum (if using), dividing evenly, and top each glass with ginger beer.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:9.48, Inflammation Score:-1, Nutrition Score:0.8304347752229%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 76.68kcal (3.83%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.88g (6.5%), Sugar: 15.79g (17.54%), Cholesterol: 0mg (0%), Sodium: 12.73mg (0.55%), Alcohol: 1.13g (100%), Alcohol %: 0.74% (100%), Protein: 0.14g (0.27%), Vitamin C: 4.7mg (5.7%), Copper: 0.04mg (2.19%), Iron: 0.34mg (1.91%), Manganese: 0.03mg (1.7%), Magnesium: 4.62mg (1.16%), Potassium: 35.85mg (1.02%)