



Spiced Dark and Stormy



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



1000 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons allspice
- ☐ 2 teaspoons peppercorns black
- ☐ 750 milliliter rum dark
- ☐ 12 ounce prepare as canned
- ☐ 3 ounces juice of lime fresh
- ☐ 2 lime wedges (for serving)
- ☐ 4 orange zest (with a vegetable peeler)

Equipment

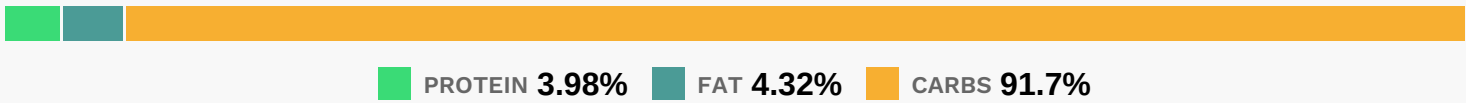
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mortar and pestle

Directions

- ☐ Coarsely grind allspice and peppercorns in spice mill or with mortar and pestle; add spices and orange zest to rum and let infuse at least 2 days. Strain into a clean bottle or a glass jar.
- ☐ DO AHEAD: Rum can be infused 3 weeks ahead. Store in a dark, dry place.
- ☐ Combine lime juice and 4 ounces spiced rum in a cocktail shaker; fill with ice. Shake until outside is frosty, about 30 seconds. Strain into highball glasses filled with ice, top off with ginger beer, and garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:10.75, Inflammation Score:-8, Nutrition Score:9.2969565961672%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 11.55mg, Hesperetin: 11.55mg, Hesperetin: 11.55mg, Hesperetin: 11.55mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 999.89kcal (49.99%), Fat: 0.69g (1.05%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 27.34g (9.94%), Sugar: 16.19g (17.99%), Cholesterol: 0mg (0%), Sodium: 22.32mg (0.97%), Alcohol: 127.06g (100%), Alcohol %: 24.99% (100%), Protein: 1.42g (2.84%), Vitamin C: 52.57mg (63.72%), Manganese: 0.81mg (40.29%), Fiber: 5.4g (21.58%), Copper: 0.24mg (12.08%), Calcium: 107.71mg (10.77%), Iron: 1.57mg (8.73%), Vitamin K: 7.57µg (7.21%), Potassium: 238.24mg (6.81%), Magnesium: 25.64mg (6.41%), Vitamin B1: 0.08mg (5.16%), Vitamin B6: 0.09mg (4.65%), Phosphorus: 41.97mg (4.2%), Folate: 15.41µg (3.85%), Vitamin A: 181.75IU (3.63%), Vitamin B2: 0.06mg (3.4%), Zinc: 0.45mg (3.02%), Vitamin B3: 0.55mg (2.77%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.24mg (1.59%), Selenium: 0.87µg (1.25%)