



Spiked and Toasted Root Beer



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 marshmallows
- ☐ 4 cups root beer chilled
- ☐ 1 cup spiced rum

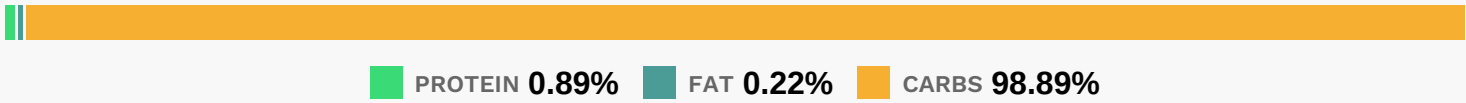
Equipment

Directions

- ☐ In each of 4 glasses, pour 1/4 cup rum. Fill each with cold root beer.

- ☐
- Garnish top of each glass with marshmallows. Using kitchen torch, lightly toast tops of marshmallows.
- ☐
- Serve with straws.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:10.32, Inflammation Score:-2, Nutrition Score:0.48043478839099%

Nutrients (% of daily need)

Calories: 302.14kcal (15.11%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 42.07g (15.3%), Sugar: 37.11g (41.24%), Cholesterol: 0mg (0%), Sodium: 48.08mg (2.09%), Alcohol: 20.04g (100%), Alcohol %: 8.01% (100%), Protein: 0.38g (0.76%), Copper: 0.05mg (2.47%), Manganese: 0.04mg (2.16%), Zinc: 0.2mg (1.32%), Calcium: 12.43mg (1.24%), Iron: 0.19mg (1.06%)