

Stone Fence



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



201 kcal

BEVERAGE

DRINK

Ingredients



6 ounces cider hard



2 ounces rum

Equipment

Directions



Fill a rocks glass with ice.



Pour the rum over the ice and stir gently.

- ☐
- Pour the cider on top of the rum.
- ☐
- Combine with a quick stir and serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:0.090434783340796%

Nutrients (% of daily need)

Calories: 200.71kcal (10.04%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.51g (1.64%), Sugar: 4.51g (5.01%), Cholesterol: 0mg (0%), Sodium: 7.37mg (0.32%), Alcohol: 27.44g (100%), Alcohol %: 15.34% (100%), Protein: 0g (0%)