



## The Bul



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

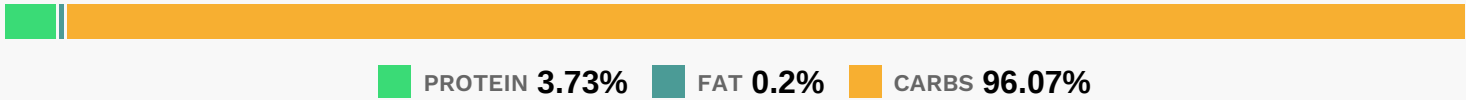
- ☐ 24 ounce prepare as
- ☐ 24 ounce ale beer
- ☐ 4 ounces juice of lime fresh
- ☐ 4 servings lime wedges

## Equipment

## Directions

- ☐
- Pour ginger beer and beer carefully into a pitcher.
- ☐
- Add lime juice and stir gently to mix.
- ☐
- Pour into ice-filled glasses, and garnish each glass with a lime wedge if desired.

## Nutrition Facts



### Properties

Glycemic Index:33.88, Glycemic Load:11.86, Inflammation Score:-5, Nutrition Score:2.1434782309377%

### Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

### Nutrients (% of daily need)

Calories: 138.36kcal (6.92%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 23.29g (8.47%), Sugar: 15.63g (17.37%), Cholesterol: 0mg (0%), Sodium: 19.3mg (0.84%), Alcohol: 6.63g (100%), Alcohol %: 2.28% (100%), Protein: 0.91g (1.82%), Vitamin C: 8.8mg (10.66%), Vitamin B3: 0.91mg (4.57%), Vitamin B6: 0.09mg (4.47%), Magnesium: 14.23mg (3.56%), Folate: 13.12µg (3.28%), Phosphorus: 27.96mg (2.8%), Vitamin B2: 0.05mg (2.76%), Copper: 0.05mg (2.37%), Potassium: 81.82mg (2.34%), Iron: 0.37mg (2.07%), Manganese: 0.04mg (2.05%), Selenium: 1.22µg (1.75%), Calcium: 16.21mg (1.62%), Vitamin B5: 0.11mg (1.07%), Vitamin B1: 0.02mg (1.06%)