



The Cure



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

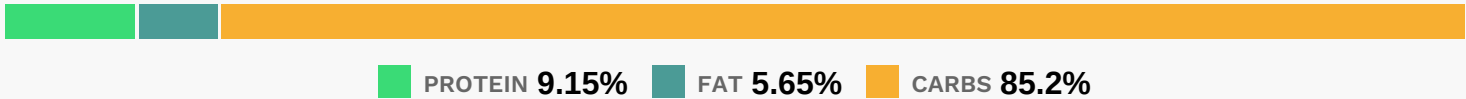
- ☐ 5 inch ginger fresh peeled cut into thin matchsticks
- ☐ 1 ounce ginger
- ☐ 2 cups ice cubes
- ☐ 5 ounces lager light such as miller high life
- ☐ 0.5 ounce juice of lemon fresh

Equipment

Directions

- ☐ Fill 12-ounce cooler (or highball) glass with ice cubes.
- ☐ Add ginger liqueur, beer, and lemon juice and stir until combined.
- ☐ Garnish with ginger sticks.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:3.54, Inflammation Score:-6, Nutrition Score:4.183478212227%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 114.75kcal (5.74%), Fat: 0.51g (0.78%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 15.96g (5.8%), Sugar: 1.43g (1.59%), Cholesterol: 0mg (0%), Sodium: 37.71mg (1.64%), Alcohol: 5.53g (100%), Alcohol %: 1.01% (100%), Protein: 1.85g (3.71%), Copper: 0.23mg (11.41%), Vitamin C: 8.65mg (10.49%), Magnesium: 41.33mg (10.33%), Potassium: 315.77mg (9.02%), Vitamin B6: 0.17mg (8.65%), Manganese: 0.16mg (7.91%), Vitamin B3: 1.22mg (6.08%), Fiber: 1.31g (5.24%), Folate: 18.31µg (4.58%), Phosphorus: 42.52mg (4.25%), Vitamin B2: 0.06mg (3.48%), Calcium: 30.85mg (3.09%), Iron: 0.42mg (2.33%), Vitamin B5: 0.21mg (2.05%), Zinc: 0.28mg (1.89%), Selenium: 1.31µg (1.87%), Vitamin B1: 0.03mg (1.76%), Vitamin E: 0.19mg (1.24%)