



The Dark and Shandy

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



6

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 72 ounce lager beer dark such as negra modelo, chilled
- 0.8 teaspoon peppercorns whole black
- 6 tablespoons rum dark
- 1.5 cups ginger thinly sliced
- 6 servings ice cubes
- 6 tablespoons juice of lime fresh
- 6 servings lime wedges for garnish
- 1 cup sugar

12 allspice whole

Equipment

pot

Directions

- Combine 2 cups water with the sugar, peppercorns, allspice and ginger in a small pot. Bring to a simmer over medium-high heat, stirring to dissolve the sugar. Simmer until slightly reduced and a bit syrupy, about 25 minutes.
- Remove from the heat, cool and then strain. You will have about 1 1/4 cups syrup.
- Mix the ginger syrup and lime juice together. Fill each pint glass halfway with ice and add 2 to 4 tablespoons of ginger syrup, depending on how gingery you want it, to each glass.
- Pour a bottle of beer over the syrup, and then slowly pour a tablespoonful of dark rum over the top so it floats.
- Garnish each glass with a lime wedge.

Nutrition Facts

 **PROTEIN 3.94%** **FAT 1.39%** **CARBS 94.67%**

Properties

Glycemic Index:36.6, Glycemic Load:28.84, Inflammation Score:-8, Nutrition Score:4.0234782559716%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 334.42kcal (16.72%), Fat: 0.33g (0.51%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 51.41g (17.14%), Net Carbohydrates: 50.66g (18.42%), Sugar: 33.95g (37.72%), Cholesterol: 0mg (0%), Sodium: 20.6mg (0.9%), Alcohol: 18.28g (100%), Alcohol %: 4.77% (100%), Protein: 2.14g (4.28%), Vitamin B6: 0.2mg (10.16%), Vitamin B3: 1.96mg

(9.81%), Magnesium: 33.76mg (8.44%), Manganese: 0.17mg (8.25%), Vitamin C: 6.07mg (7.36%), Potassium: 220.39mg (6.3%), Folate: 24.8µg (6.2%), Vitamin B2: 0.1mg (6.1%), Phosphorus: 59.76mg (5.98%), Copper: 0.1mg (4.94%), Selenium: 2.46µg (3.52%), Fiber: 0.75g (3%), Calcium: 25.65mg (2.56%), Vitamin B5: 0.22mg (2.17%), Vitamin B1: 0.03mg (1.92%), Iron: 0.32mg (1.79%), Vitamin B12: 0.07µg (1.13%), Zinc: 0.15mg (1.01%)