



The Rum Rickey Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



112 kcal

BEVERAGE

DRINK

Ingredients



4 fluid ounces club soda



1 cup ice cubes



0.5 fluid ounce juice of lime



1 lime wedges



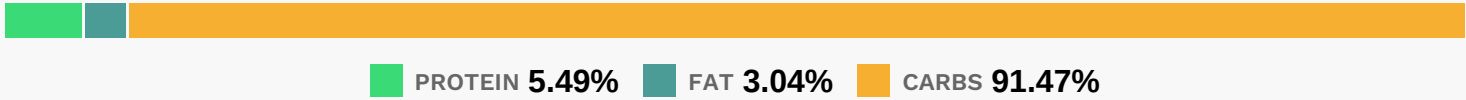
1.5 fluid ounces rum

Equipment

Directions

- ☐ Pour lime juice and rum into ice-filled highball glass and fill with club soda. Stir.
- ☐ Add a wedge of lime.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:1.316521714239%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 9.07mg, Hesperetin: 9.07mg, Hesperetin: 9.07mg, Hesperetin: 9.07mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 111.56kcal (5.58%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.57g (0.94%), Sugar: 0.55g (0.62%), Cholesterol: 0mg (0%), Sodium: 37.77mg (1.64%), Alcohol: 14.81g (100%), Alcohol %: 4.35% (100%), Protein: 0.19g (0.38%), Vitamin C: 9.67mg (11.73%), Copper: 0.07mg (3.5%), Fiber: 0.56g (2.25%), Calcium: 21.02mg (2.1%), Magnesium: 5.81mg (1.45%), Zinc: 0.19mg (1.28%), Potassium: 38.91mg (1.11%)