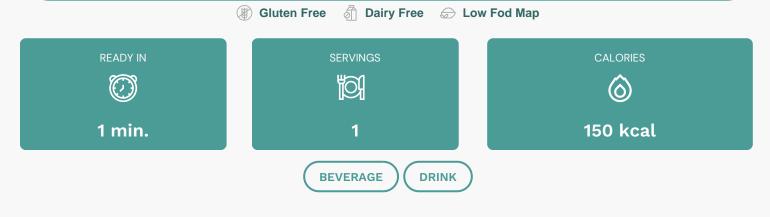


Time for a Drink: the Highball



Ingredients

2 ounces ginger ale chilled to taste

2 ounces rum for a reason

Equipment

Directions

Fill a highball glass with ice.

Add liquor, top with club soda or ginger ale or a combination of both. Do what comes natural.

Nutrition Facts

PROTEIN **0%** FAT **0%** CARBS **100%**

Properties

Glycemic Index:78, Glycemic Load:3.13, Inflammation Score:-2, Nutrition Score:0.17913043539485%

Nutrients (% of daily need)

Calories: 150.25kcal (7.51%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.97g (1.81%), Sugar: 5.05g (5.61%), Cholesterol: Omg (0%), Sodium: 4.54mg (0.2%), Alcohol: 18.94g (100%), Alcohol %: 21.17% (100%), Protein: Og (0%), Copper: 0.02mg (1.11%)