



## Time for a Drink: the Highball



Gluten Free



Dairy Free



Low Fod Map

READY IN



1 min.

SERVINGS



1

CALORIES



150 kcal

BEVERAGE

DRINK

## 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

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 PROTEIN 0% 

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 FAT 0% 

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