



Zesty Ginger-Lime Cooler

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



241 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 tablespoons honey
- 1 slice lime zest
- 1.5 tablespoons juice of lime fresh
- 0.3 cup spiced rum

Equipment

Directions

- Combine first 3 ingredients in a cocktail shaker filled with ice. Cover, and shake vigorously.
- Pour into a tall glass filled with ice.
- Garnish, if desired.

Nutrition Facts

PROTEIN 0.72% FAT 0.16% CARBS 99.12%

Properties

Glycemic Index:99.27, Glycemic Load:13.58, Inflammation Score:-2, Nutrition Score:1.0439130385285%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 240.59kcal (12.03%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 27.85g (10.13%), Sugar: 26.28g (29.2%), Cholesterol: 0mg (0%), Sodium: 2.35mg (0.1%), Alcohol: 20.04g (100%), Alcohol %: 21.9% (100%), Protein: 0.2g (0.41%), Vitamin C: 7.49mg (9.08%), Manganese: 0.04mg (2.01%), Copper: 0.03mg (1.57%), Potassium: 45.94mg (1.31%), Vitamin B2: 0.02mg (1.07%), Iron: 0.19mg (1.05%)