

# Shawn O'Donnell's American Grill & Irish Pub

- **When was Guinness first brewed?**  
Arthur Guinness first began brewing in 1759 in Dublin, Ireland.
- **How does the widget work?**  
The widget is a plastic molded device which sits in the bottom of each can of Draught Guinness. When the can is opened, a small amount of beer and nitrogen, trapped in the widget, is forced out through the beer which creates the famous creamy head that you would find on a pint of Guinness served in a pub. The widget gives canned Draught Guinness the taste and texture of a pub poured pint at home.
- **How should Guinness be poured?**  
The perfect pint of Guinness is served using the 'two-part' pour. First, start with a clean, dry glass. Pour the Guinness into a glass tilted at 45 degrees, until it is 3/4 full. Allow the surge to settle before filling the glass completely to the top. Your perfect pint, with its creamy white head, is ready to drink.
- **What are the key ingredients in Guinness?**  
The key ingredients are roasted, malted barley, hops, yeast and water.
- **Why is Guinness black?**  
Guinness is black because of the way the ingredients are prepared. Some malted barley is roasted, in a similar way to coffee beans, which is what gives Guinness the dark, ruby color.
- **How many pints are sold in a day?**  
About one million pints of Guinness are sold every day in Great Britain.
- **Why is the head creamy white?**  
The creamy white head is created from the "initiation" and "surging" of bubbles of nitrogen and carbon dioxide gas as the beer is poured. The gas enters the keg and forces the beer out. It is actually the nitrogen which causes the tight, white, creamy head.
- **Is Guinness fattening? How many calories does it contain?**  
Guinness is no more fattening or calorific than any other beer of similar alcoholic strength. The beer has no fat, however it does contain protein, sugar, carbohydrates and alcohol. The alcohol accounts for 65-75% of the calorific content irrespective of the beer in question. Per pint, Draught Guinness has 210 calories; as a reference, one pint of semi-skimmed milk has 260 calories and one pint of orange juice has 220 calories. Draught Guinness actually has fewer calories than most other premium beers and lagers.
- **What does Guinness mean?**  
Guinness does not have an actual definition, but is the registered trademark for the world famous stout. It comes from the surname of the brewery's founder, Arthur Guinness.

**Shawnodonnells.com**

From the [Official Guinness Website](http://www.guinness.com) [www.guinness.com](http://www.guinness.com)