



## Blueberry-Ginger Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



152 kcal

SIDE DISH

### Ingredients

- 4 cups blueberries
- 20 ounce club soda chilled
- 0.3 cup ginger fresh peeled coarsely chopped
- 2 teaspoons ginger fresh grated peeled
- 1 cubes ice cubes
- 12 inch lemon rind
- 0.5 cup sugar
- 0.5 cup water

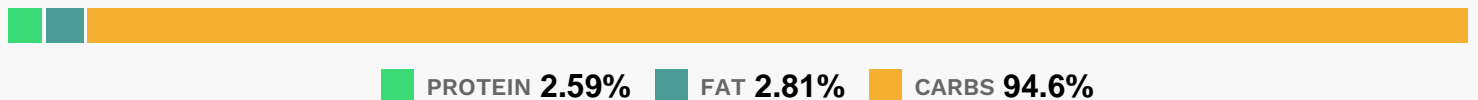
## Equipment

- bowl
- frying pan
- sauce pan
- sieve
- blender

## Directions

- Combine first 4 ingredients in a medium saucepan. Bring to a boil, stirring until sugar dissolves.
- Remove from heat; let stand 15 minutes.
- Place pan in a large ice-filled bowl for 5 minutes or until cold.
- Pour syrup through a sieve into a pitcher; discard solids.
- Place half of blueberries and grated ginger in a blender; process 20 seconds or until smooth.
- Pour blueberry puree through a sieve into pitcher, pressing with the back of a spoon to remove as much juice as possible; discard solids. Stir juice into syrup mixture. Repeat procedure with remaining blueberries and grated ginger. Cover and refrigerate until ready to serve.
- Gently stir club soda into blueberry mixture.
- Serve immediately over ice.
- Garnish with lemon rind strips or slices, if desired.

## Nutrition Facts



## Properties

Glycemic Index:28.02, Glycemic Load:19.83, Inflammation Score:0, Nutrition Score:5.4239130421825%

## Flavonoids

Cyanidin: 10.02mg, Cyanidin: 10.02mg, Cyanidin: 10.02mg, Cyanidin: 10.02mg Petunidin: 37.33mg, Petunidin: 37.33mg, Petunidin: 37.33mg, Petunidin: 37.33mg Delphinidin: 41.95mg, Delphinidin: 41.95mg, Delphinidin: 41.95mg, Delphinidin: 41.95mg Malvidin: 80.03mg, Malvidin: 80.03mg, Malvidin: 80.03mg, Malvidin: 80.03mg Peonidin: 24.02mg, Peonidin: 24.02mg, Peonidin: 24.02mg, Peonidin: 24.02mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 151.83kcal (7.59%), Fat: 0.51g (0.79%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 35.46g (12.89%), Sugar: 32.1g (35.67%), Cholesterol: 0mg (0%), Sodium: 27.61mg (1.2%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin C: 19.63mg (23.79%), Vitamin K: 22.86µg (21.77%), Manganese: 0.41mg (20.63%), Fiber: 3.6g (14.4%), Copper: 0.1mg (4.91%), Vitamin E: 0.7mg (4.7%), Vitamin B6: 0.08mg (4.05%), Potassium: 126.83mg (3.62%), Vitamin B2: 0.06mg (3.48%), Vitamin B1: 0.05mg (3.26%), Magnesium: 11.82mg (2.96%), Vitamin B3: 0.56mg (2.81%), Iron: 0.44mg (2.42%), Zinc: 0.34mg (2.28%), Calcium: 22.83mg (2.28%), Folate: 8.51µg (2.13%), Vitamin B5: 0.18mg (1.78%), Phosphorus: 16.84mg (1.68%), Vitamin A: 66.98IU (1.34%)