



Bottled Citrus Lemongrass Soda



Vegetarian



Dairy Free

READY IN



1620 min.

SERVINGS



27

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.1 teaspoon neutral-flavored ale yeast such as coopers
- ☐ 1 bottle beer capper such as the emily capper
- ☐ 12 oz beer bottles and caps
- ☐ 27 servings metal bowl for draining bottles
- ☐ 27 servings soda
- ☐ 1 large pink grapefruit red
- ☐ 0.3 cup honey
- ☐ 2 stalks lemongrass

- ☐ 1 lime
- ☐ 1.5 cups sugar
- ☐ 1 container gal. glass
- ☐ 27 servings cheesecloth
- ☐ 27 servings equipment
- ☐ 27 servings funnel
- ☐ 27 servings metal stirring spoon
- ☐ 27 servings saniclean
- ☐ 27 servings cheesecloth
- ☐ 27 servings equipment
- ☐ 27 servings funnel
- ☐ 27 servings metal stirring spoon
- ☐ 27 servings saniclean

Equipment

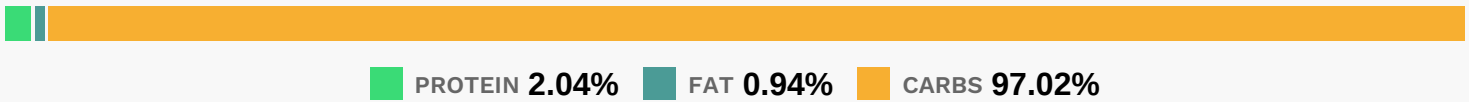
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ measuring cup
- ☐ meat tenderizer
- ☐ cheesecloth
- ☐ funnel

Directions

- ☐ Peel wide strips of zest (avoiding the bitter white pith underneath) from half the grapefruit and the whole lime. Juice grapefruit and lime into a liquid measuring cup (add water to reach 1 cup if needed).
- ☐ Pour into a 6- to 8-qt. pot and add zest strips.

- ☐ Cut off green tops from lemongrass (about half the stalk) and peel first two outer layers from stalks. Mash stalks with a meat mallet and cut into 2-in. pieces.
- ☐ Add to pot of juices along with sugar, honey, and 3 1/2 qts. water.
- ☐ Heat citrus lemongrass mixture over medium-high heat, covered, until boiling; boil 1 minute, then remove from heat and let cool.
- ☐ Meanwhile, mix up your sanitizing solution using Sani
- ☐ Clean and water (follow instructions on Sani
- ☐ Clean label). Sanitize all equipment except the capper; invert bottles into bowl to drain.
- ☐ Let everything air-dry.
- ☐ Strain sweet citrus lemongrass water through a fine-mesh strainer into sanitized 1-gal. container. You should have about 2 in. headspace; if you don't, add lukewarm water until you do. Dissolve yeast in 1/4 cup lukewarm water and stir into container. Cover container with a double layer of cheesecloth, secure with a rubber band around the lid, and set in a warm place for 2 hours.
- ☐ Stir mixture thoroughly, then use funnel to slowly pour soda into bottles, leaving 2 in. headspace. Cap bottles with capper and shake each bottle.
- ☐ Let bottles sit at room temperature for 1 to 3 days, opening a bottle each day until you like how it tastes and how much fizz it has. When you like it, chill the bottles.

Nutrition Facts



Properties

Glycemic Index:11.14, Glycemic Load:9.81, Inflammation Score:-2, Nutrition Score:1.0217391139949%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 4.1mg, Naringenin: 4.1mg, Naringenin: 4.1mg, Naringenin: 4.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 72.85kcal (3.64%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.03%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 16.64g (6.05%), Sugar: 14.56g (16.17%), Cholesterol: 0mg (0%), Sodium: 6.28mg (0.27%), Alcohol: 0.98g (100%), Alcohol %: 2.17% (100%), Protein: 0.36g (0.71%), Vitamin C: 4.6mg (5.58%), Manganese: 0.07mg (3.3%), Vitamin A: 142.71IU (2.85%), Fiber: 0.29g (1.17%), Folate: 4.21µg (1.05%), Vitamin B6: 0.02mg (1.04%), Potassium: 35.85mg (1.02%)