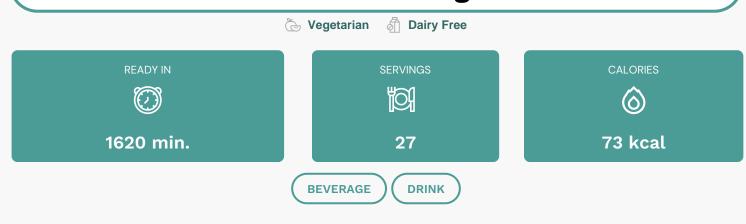


Bottled Citrus Lemongrass Soda



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	
Ц	bowl
Ц	pot
Ш	sieve
	measuring cup
	meat tenderizer
	cheesecloth
	funnel
Di	rections
	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 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
PROTEIN 2.04% FAT 0.94% CARBS 97.02%

Properties

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

Flavonoids

Catechin: O.1mg, Catechin: O.1mg, Catechin: O.1mg, Catechin: O.1mg Epicatechin: O.02mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 0.07mg, Luteolin: O.07mg, Luteolin: O.07mg, Naringenin: 4.1mg, Naringenin: 4.1mg, Luteolin: O.07mg, Luteolin: O.07mg, Luteolin: O.07mg, Kaempferol: O.21mg, Kaempferol: O.21mg, Kaempferol: O.21mg, Kaempferol: O.21mg, Kaempferol: O.21mg, Myricetin: O.01mg, Myricetin: O.01mg, Myricetin: O.01mg, Myricetin: O.01mg, Quercetin: O.06mg, Quercetin: O.06mg, Quercetin: O.06mg, Gallocatechin: O.02mg, Gallocatechin: O.02mg, Gallocatechin: O.02mg, Gallocatechin: O.02mg

Nutrients (% of daily need)

Calories: 72.85kcal (3.64%), Fat: 0.07g (0.11%), Saturated Fat: Og (0.03%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 16.64g (6.05%), Sugar: 14.56g (16.17%), Cholesterol: Omg (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%)