



Citrus-Ginger Sparkler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- 4 ounces ginger fresh grated peeled
- 0.5 cup juice of lemon fresh (3 medium lemons)
- 6 cups orange juice fresh (6 pounds oranges)
- 2 cups seltzer water chilled
- 0.3 cup sugar

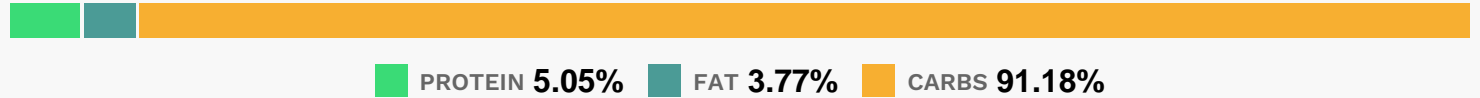
Equipment

- bowl
- cheesecloth

Directions

- Place ginger on several layers of damp cheesecloth. Gather edges of cheesecloth; squeeze cheesecloth bag over a small bowl to extract about 1/4 cup ginger juice. Discard pulp.
- Combine ginger juice, orange juice, lemon juice, and sugar in a large pitcher; stir until sugar dissolves. Chill at least 2 hours. Stir in sparkling water; serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:14.56, Inflammation Score:-7, Nutrition Score:8.4895652545535%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 24.43mg, Hesperetin: 24.43mg, Hesperetin: 24.43mg, Hesperetin: 24.43mg Naringenin: 4.19mg, Naringenin: 4.19mg, Naringenin: 4.19mg, Naringenin: 4.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 122.46kcal (6.12%), Fat: 0.53g (0.82%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 28.44g (10.34%), Sugar: 22.49g (24.99%), Cholesterol: 0mg (0%), Sodium: 16.34mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin C: 99.61mg (120.74%), Folate: 60.41µg (15.1%), Potassium: 447.84mg (12.8%), Vitamin B1: 0.17mg (11.64%), Vitamin A: 372.92IU (7.46%), Magnesium: 28.06mg (7.02%), Copper: 0.12mg (6.02%), Vitamin B6: 0.1mg (5.2%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.4mg (4.02%), Phosphorus: 37.66mg (3.77%), Vitamin B2: 0.06mg (3.77%), Manganese: 0.06mg (3.06%), Fiber: 0.7g (2.8%), Calcium: 26.66mg (2.67%), Iron: 0.48mg (2.66%), Zinc: 0.21mg (1.39%)