



Cola Gastrique



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups apple cider vinegar
- ☐ 3 cups cola drink soft
- ☐ 1 cup sorghum syrup

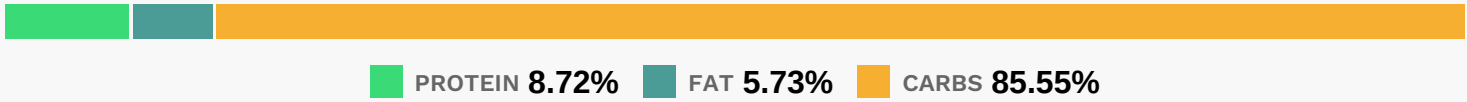
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine cola soft drink, vinegar, and sorghum in a 4-qt. saucepan, and bring to a light boil over medium heat. Cook, stirring occasionally, 1 hour to 1 hour and 10 minutes or until mixture coats a metal spoon and runs off in a fluid stream. (
- ☐
- Mixture should be reduced by two-thirds.)
- ☐
- Remove from heat, and cool completely (about 1 hour). Store in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:5.66, Inflammation Score:-1, Nutrition Score:2.1921739228394%

Nutrients (% of daily need)

Calories: 132.93kcal (6.65%), Fat: 0.81g (1.25%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 25.69g (9.34%), Sugar: 8.3g (9.22%), Cholesterol: 0mg (0%), Sodium: 9.46mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.08mg (2.36%), Protein: 2.77g (5.55%), Manganese: 0.22mg (11.25%), Phosphorus: 84.9mg (8.49%), Iron: 1.33mg (7.4%), Fiber: 1.51g (6.05%), Potassium: 151.2mg (4.32%), Vitamin B1: 0.06mg (3.79%), Vitamin B3: 0.7mg (3.51%), Vitamin B2: 0.03mg (2%), Calcium: 14.76mg (1.48%), Magnesium: 4.48mg (1.12%)