

Fermented Grape Soda



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



503 kcal

BEVERAGE

DRINK

Ingredients



4 teaspoons ginger organic washed divided finely grated unpeeled (grate 1 teaspoon at a time over 4 days)



3 pounds grapes red seedless



4 teaspoons sugar divided

Equipment



bowl



blender



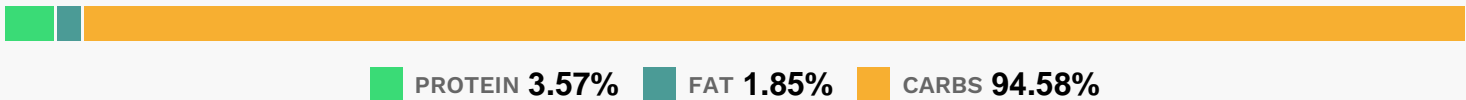
cheesecloth

☐ canning jar

Directions

- ☐ Stir 1 teaspoon ginger, 1 teaspoon sugar, and 4 cups water in a 32-ounce canning jar to combine. Cover jar with cheesecloth; secure with a canning jar band (without lid).
- ☐ Let sit 1 day out of direct sunlight at room temperature.
- ☐ Stir in 1 teaspoon ginger and 1 teaspoon sugar and let sit 1 day. Repeat twice more.
- ☐ Mixture (ginger bug) should have bubbles throughout and release more when agitated.
- ☐ After 3 days, purée grapes in a blender until smooth. Strain, pressing on solids (you should have about 4 cups juice).
- ☐ Combine juice and 1/2 cup ginger bug in a large nonreactive bowl. Cover with cheesecloth; secure with a large rubber band.
- ☐ Let sit out of direct sunlight at room temperature, skimming white mold from surface, until mixture is slightly foamy and releases bubbles when stirred, 3–4 days. Strain into bottle, cap, and let sit at room temperature until bottle feels pressurized, about 1 day longer. Chill.
- ☐ DO AHEAD: Soda can be made 2 weeks ahead. Keep chilled.
- ☐ Per serving: 250 calories, 5 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:65.55, Glycemic Load:59.51, Inflammation Score:-5, Nutrition Score:18.407826086749%

Nutrients (% of daily need)

Calories: 503.47kcal (25.17%), Fat: 1.14g (1.76%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 131.83g (43.94%), Net Carbohydrates: 125.63g (45.68%), Sugar: 113.51g (126.12%), Cholesterol: 0mg (0%), Sodium: 14.21mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin K: 99.34µg (94.61%), Copper: 0.87mg (43.68%), Potassium: 1316.3mg (37.61%), Vitamin B1: 0.47mg (31.36%), Vitamin B6: 0.59mg (29.58%), Vitamin B2: 0.48mg (28.19%), Vitamin C: 21.97mg (26.63%), Fiber: 6.2g (24.81%), Manganese: 0.49mg (24.63%), Iron: 2.48mg (13.76%), Phosphorus: 137.44mg (13.74%), Magnesium: 49.35mg (12.34%), Vitamin A: 449.06IU (8.98%), Vitamin E: 1.3mg (8.69%), Calcium: 68.76mg (6.88%), Vitamin B3: 1.31mg (6.55%), Folate: 14.05µg (3.51%), Vitamin B5: 0.35mg

(3.48%), Zinc: 0.49mg (3.27%), Selenium: 0.76µg (1.08%)