



Fresh Citrus Lemongrass Soda



Vegetarian



Gluten Free



Dairy Free

READY IN



750 min.

SERVINGS



12

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 servings carbonated water (home carbonated or storebought)
- ☐ 1 large pink grapefruit red
- ☐ 0.3 cup honey
- ☐ 2 stalks lemongrass
- ☐ 1 lime
- ☐ 0.8 cup sugar

Equipment

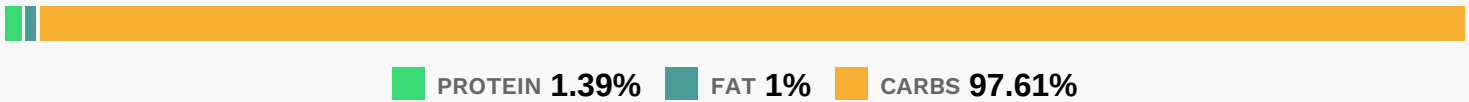
- ☐ frying pan

- ☐ sauce pan
- ☐ measuring cup
- ☐ meat tenderizer

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 small saucepan 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 pan of juices along with sugar and honey.
- ☐ Heat citrus lemongrass mixture over medium heat until boiling; boil 1 minute, then remove from heat and let cool. Chill overnight, then strain syrup into a glass jar or measuring cup, discarding solids.
- ☐ To serve, fill an 8-oz. glass halfway with ice cubes, add 2 tbsp. syrup (or more if you like), top with carbonated water, and stir.

Nutrition Facts



Properties

Glycemic Index:14.95, Glycemic Load:12.53, Inflammation Score:-3, Nutrition Score:1.8947826156636%

Flavonoids

Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 9.22mg, Naringenin: 9.22mg, Naringenin: 9.22mg, Naringenin: 9.22mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 85.36kcal (4.27%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 21.84g (7.94%), Sugar: 20.27g (22.53%), Cholesterol: 0mg (0%), Sodium: 0.88mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 10.36mg (12.55%), Manganese: 0.14mg (7.16%), Vitamin A: 321.11IU (6.42%), Fiber: 0.61g (2.45%), Potassium: 65.06mg (1.86%), Iron: 0.3mg (1.64%), Folate: 6.06µg

(1.51%), Copper: 0.02mg (1.13%), Magnesium: 4.48mg (1.12%), Vitamin B2: 0.02mg (1.07%), Vitamin B6: 0.02mg (1.04%), Calcium: 10.15mg (1.02%), Vitamin B1: 0.02mg (1.01%)