

Fresh Ginger Beer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons ground ginger fresh (such as Spice World)
- ☐ 1 cup juice of lime fresh
- ☐ 3 cups seltzer water
- ☐ 0.8 cup caster sugar
- ☐ 2 cups water cold

Equipment

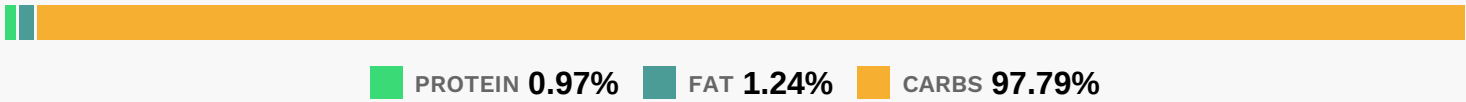
- ☐ sieve
- ☐ blender

☐ cheesecloth

Directions

- ☐ Combine water, juice, and ginger in a blender; process until blended.
- ☐ Line a strainer with cheesecloth. Strain mixture over a pitcher; discard solids.
- ☐ Add sugar to pitcher; stir until dissolved.
- ☐ Add sparkling water just before serving.
- ☐ Serve over ice.
- ☐ Garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:13.09, Inflammation Score:-1, Nutrition Score:1.8904347873252%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 83.1kcal (4.16%), Fat: 0.12g (0.19%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 21.68g (7.88%), Sugar: 19.26g (21.4%), Cholesterol: 0mg (0%), Sodium: 22.65mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Manganese: 0.34mg (17%), Vitamin C: 9.08mg (11.01%), Magnesium: 6.04mg (1.51%), Copper: 0.03mg (1.45%), Potassium: 50.74mg (1.45%), Iron: 0.24mg (1.35%), Calcium: 11.77mg (1.18%), Zinc: 0.16mg (1.05%), Fiber: 0.26g (1.05%)