



Ginger Beer

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



173 kcal

SIDE DISH

Ingredients

- 0.8 cup ginger fresh roughly chopped
- 0.8 cup honey
- 4 lemons
- 1 cranberry-orange relish
- 1.3 cups orange juice
- 4 cups sparkling mineral water chilled
- 0.8 cup sugar

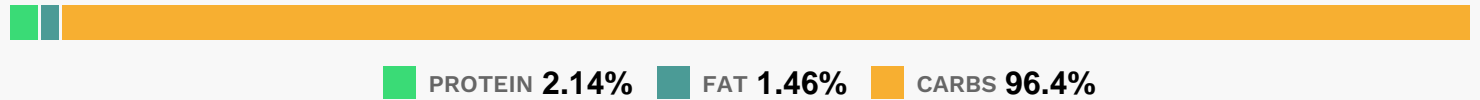
Equipment

food processor

Directions

- Grate 2 tablespoons each of lemon and orange zest. Squeeze 1/3 cup lemon juice from 3 of the lemons. Set aside. In a food processor, pulse the ginger, honey, and sugar until just combined.
- Add the orange and lemon juices and process.
- Transfer to a large lidded container.
- Add the orange and lemon zests and 2 cups of boiling water and stir until the sugar dissolves. Cool to room temperature. Cover and refrigerate for at least 24 hours and up to 5 days. To serve, strain the ginger-beer base into a pitcher. Thinly slice the remaining lemon and orange to form circles.
- Add the slices and mineral water to the pitcher and stir.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:25.74, Glycemic Load:24.45, Inflammation Score:-4, Nutrition Score:4.6873913786334%

Flavonoids

Eriodictyol: 9.28mg, Eriodictyol: 9.28mg, Eriodictyol: 9.28mg, Eriodictyol: 9.28mg Hesperetin: 19.33mg, Hesperetin: 19.33mg, Hesperetin: 19.33mg, Hesperetin: 19.33mg Naringenin: 2.91mg, Naringenin: 2.91mg, Naringenin: 2.91mg, Naringenin: 2.91mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 173.44kcal (8.67%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 44.18g (16.07%), Sugar: 40.88g (45.42%), Cholesterol: 0mg (0%), Sodium: 4.22mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Vitamin C: 45.85mg (55.58%), Fiber: 1.78g (7.12%), Potassium: 188.73mg (5.39%), Folate: 19.28µg (4.82%), Vitamin B1: 0.06mg (3.89%), Vitamin B6: 0.07mg (3.62%), Calcium: 35.98mg (3.6%), Copper: 0.06mg (3.1%), Magnesium: 11.78mg (2.95%), Manganese: 0.06mg (2.9%), Iron: 0.49mg (2.73%), Vitamin B2: 0.04mg (2.24%), Vitamin B5: 0.21mg (2.06%), Vitamin A: 100.98IU (2.02%),

Phosphorus: 17.48mg (1.75%), Vitamin B3: 0.29mg (1.44%)