

Ginger Bug



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



8650 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 2 cups water
- ☐ 2 teaspoons sugar
- ☐ 1 ounce ginger fresh diced
- ☐ 5 teaspoons sugar
- ☐ 2.5 ounces ginger fresh diced
- ☐ 8 cups herbal tea sweetened

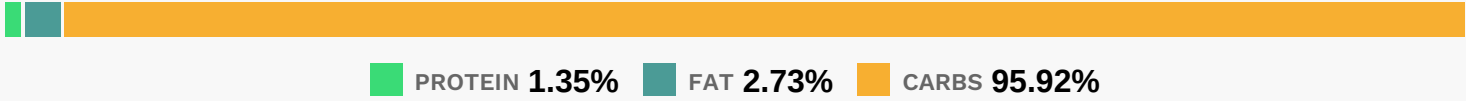
Equipment

- ☐ sauce pan

Directions

- ☐ Preparing the Bug
- ☐ Warm the water in a saucepan over medium heat, and stir in the jaggery until it dissolves fully. Cool the sugar water to room temperature.
- ☐ Drop the ginger into a pint-sized jar, and then cover it with the sugar water. Seal the jar, and let it culture at room temperature for one day.
- ☐ Feeding the Bug
- ☐ The next day, and each day for 5 days, stir 1 teaspoon sugar and 1/2 ounce ginger into the jar, and then close the jar tightly. Between 3 and 5 days, you should start to see bubbles forming, and your bug should smell yeasty and gingery. When you see bubbles, your bug is ready to use.
- ☐ Using the Bug
- ☐ To use the bug, strain 1/2 cup of the liquid and mix it with 7 1/2 cups liquid such as fruit juice or sweetened herbal tea, bottle and ferment up to 3 days.

Nutrition Facts



Properties

Glycemic Index:26.37, Glycemic Load:13.95, Inflammation Score:-2, Nutrition Score:2.3769565366371%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg, Catechin: 3.1mg Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg, Epicatechin: 11.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 137.48kcal (6.87%), Fat: 0.43g (0.66%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 32.97g (11.99%), Sugar: 27.56g (30.62%), Cholesterol: 0mg (0%), Sodium: 14.52mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Manganese: 0.21mg (10.6%), Potassium: 302.02mg (8.63%), Magnesium: 18.32mg (4.58%), Vitamin B1: 0.06mg (3.68%), Vitamin C: 2.85mg (3.46%), Copper: 0.07mg (3.37%), Vitamin B6: 0.06mg (3.22%), Fiber: 0.74g (2.98%), Vitamin B2: 0.05mg (2.77%), Calcium: 23.63mg (2.36%), Phosphorus: 21.58mg (2.16%), Iron: 0.37mg (2.08%), Vitamin B5: 0.15mg (1.47%), Vitamin B3: 0.27mg

(1.37%)