

Ginger Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 1 piece ginger peeled thinly sliced
- ☐ 0.5 cup granulated sugar raw
- ☐ 8 slices orange sections thin
- ☐ 1500 milliliter frangelico chilled
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Equipment

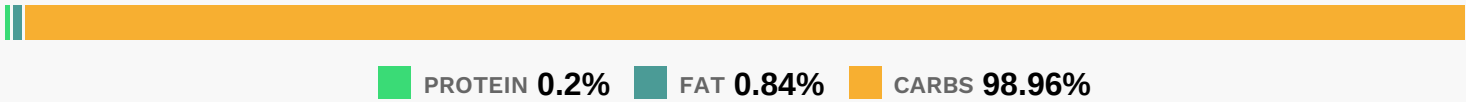
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Bring one 3" piece ginger, peeled, thinly sliced, 1/2 cup raw or granulated sugar, and 1/2 cup water to a boil in a small saucepan; reduce heat and simmer 5 minutes.
- ☐ Let cool. Strain syrup through a fine-mesh sieve into a small jar or bowl; discard ginger.
- ☐ DO AHEAD: Syrup can be made 1 week ahead. Cover and chill.
- ☐ Pour 1/4 ounces ginger syrup in each coupe glass. Dividing evenly, top off with two 750-milliliter bottles chilled Prosecco (about 5 ounces per glass) and garnish each with a thin clementine or orange slice.

Nutrition Facts



Properties

Glycemic Index:15.95, Glycemic Load:8.79, Inflammation Score:0, Nutrition Score:0.10478260837819%

Flavonoids

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg

Nutrients (% of daily need)

Calories: 49.29kcal (2.46%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 12.68g (4.61%), Sugar: 12.58g (13.98%), Cholesterol: 0mg (0%), Sodium: 0.24mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%)