

Ginger Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1862 kcal

BEVERAGE

DRINK

Ingredients



12 ounces ginger fresh peeled



24 oz lemonade concentrate frozen canned



0.3 cup sugar

Equipment

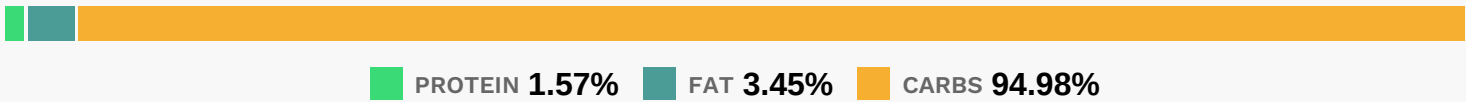


frying pan

Directions

- ☐
- Slice 12 oz. peeled fresh ginger into 1/4-inch pieces.
- ☐
- Place in a pan with 1/3 cup sugar and 3 cups water; stir until sugar dissolves. Bring to a boil, cover, remove from heat and let syrup steep for 30 minutes; strain.
- ☐
- Mix syrup with 2 (12 oz.) cans of frozen lemonade concentrate and amount of water called for on cans.
- ☐
- Serves

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:54.59, Inflammation Score:-9, Nutrition Score:21.921738982201%

Nutrients (% of daily need)

Calories: 1862.38kcal (93.12%), Fat: 7.53g (11.58%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 466.37g (155.46%), Net Carbohydrates: 457.52g (166.37%), Sugar: 375.09g (416.77%), Cholesterol: 0mg (0%), Sodium: 92.52mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.38%), Vitamin C: 106.14mg (128.66%), Potassium: 1903.02mg (54.37%), Magnesium: 193.91mg (48.48%), Manganese: 0.87mg (43.51%), Copper: 0.86mg (43.1%), Fiber: 8.85g (35.38%), Vitamin B6: 0.68mg (34.02%), Folate: 85.05µg (21.26%), Vitamin B3: 3.3mg (16.5%), Phosphorus: 163.29mg (16.33%), Iron: 2.69mg (14.93%), Vitamin B1: 0.22mg (14.74%), Vitamin B5: 1.47mg (14.73%), Calcium: 102.72mg (10.27%), Vitamin E: 1.5mg (9.98%), Zinc: 1.44mg (9.57%), Selenium: 5.5µg (7.86%), Vitamin B2: 0.13mg (7.55%), Vitamin K: 1.7µg (1.62%)