



Ginger-Lemongrass Soda



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



10

CALORIES



84 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup ginger peeled thinly sliced
- ☐ 10 servings lemon wheels and ice cubes for serving
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 4 plump stalks of lemongrass fresh smashed for garnish cut into 2-inch lengths and , plus stalks
- ☐ 1 cup sugar
- ☐ 6 cups water

Equipment

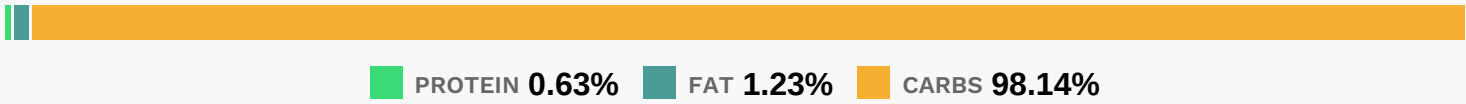
- ☐ sauce pan

☐ sieve

Directions

- ☐ In a medium saucepan, combine the sliced ginger with the smashed lemongrass and 4 cups of the water and bring to a boil over high heat. Stir in the sugar. Cover and let the ginger-lemongrass syrup steep off the heat until cool, about 2 hours.
- ☐ Strain the syrup through a fine-mesh sieve. Discard the ginger and lemongrass. Stir in the lemon juice and the remaining 2 cups of water. Refrigerate until chilled.
- ☐ Make the soda according to the manufacturers' directions.
- ☐ Serve in tall glasses over ice, garnished with lemon wheels and lemongrass stalks.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:14.08, Inflammation Score:-1, Nutrition Score:0.85391305103574%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 83.81kcal (4.19%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 21.48g (7.81%), Sugar: 20.16g (22.39%), Cholesterol: 0mg (0%), Sodium: 10.89mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Manganese: 0.12mg (5.84%), Copper: 0.05mg (2.5%), Vitamin C: 2.03mg (2.46%), Magnesium: 5.51mg (1.38%), Iron: 0.21mg (1.14%), Potassium: 39.42mg (1.13%)