



Ginger-Peach Soda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 inch ginger fresh minced peeled
- ☐ 4 servings ice cubes for serving
- ☐ 1 peaches pitted soft halved thinly sliced
- ☐ 4 servings seltzer water
- ☐ 1 cup sugar
- ☐ 1 cup water

Equipment

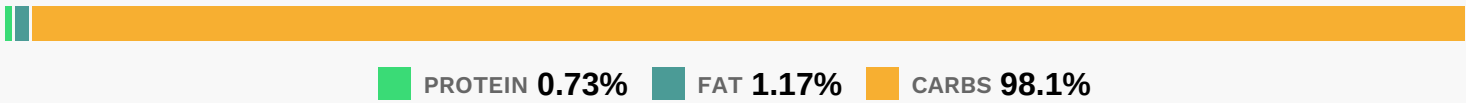
- ☐ sauce pan

- ☐ sieve
- ☐ wooden spoon
- ☐ drinking straws

Directions

- ☐ To make the syrup, in a saucepan, combine the water, sugar, and ginger over medium-low heat and stir until the sugar has dissolved.
- ☐ Remove from the heat, cover, and steep at room temperature for about 30 minutes.
- ☐ Pour the syrup through a fine-mesh sieve to remove the ginger, pressing all the flavor out of the ginger with the back of a spoon against the sieve.
- ☐ Transfer to a jar or other storage container, cover, and refrigerate until well chilled.
- ☐ Evenly distribute the peach slices among the glasses. Carefully smash the peaches with the end of a wooden spoon to release their juice.
- ☐ Pour about 2 tablespoons chilled syrup over the peaches in each glass. (The remaining syrup can be stored in the refrigerator for up to 2 weeks.)
- ☐ Add ice cubes and then top off each glass with soda water.
- ☐ Mix each drink with a straw or spoon to distribute the syrup, peach juices, and peach bits evenly. Float a few mint leaves on each serving, then serve immediately (especially on really hot days).

Nutrition Facts



Properties

Glycemic Index:31.34, Glycemic Load:36.29, Inflammation Score:-1, Nutrition Score:1.2308695627295%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 211.05kcal (10.55%), Fat: 0.29g (0.44%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 54.21g (18.07%),
Net Carbohydrates: 53.58g (19.48%), Sugar: 53.11g (59.01%), Cholesterol: 0mg (0%), Sodium: 11.8mg (0.51%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Copper: 0.06mg (2.96%), Fiber: 0.63g (2.53%),
Vitamin A: 122.25IU (2.44%), Vitamin C: 1.71mg (2.08%), Vitamin E: 0.28mg (1.89%), Potassium: 61.29mg (1.75%),
Manganese: 0.03mg (1.64%), Vitamin B3: 0.33mg (1.64%), Selenium: 1.11µg (1.59%), Magnesium: 5.67mg (1.42%),
Vitamin B2: 0.02mg (1.31%), Vitamin K: 1.13µg (1.07%)