



Hibiscus Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients



1 ginger fresh



1.3 cups hibiscus tea simple syrup



0.8 cup sugar

Equipment

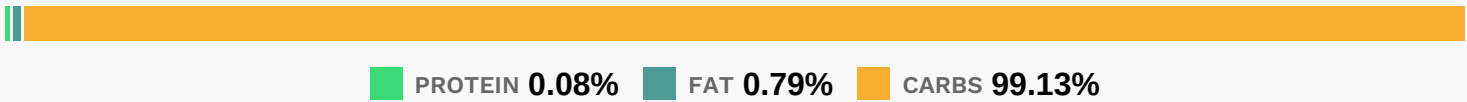


pot

Directions

- ☐ Peel and thinly slice fresh ginger.
- ☐ Combine ginger, hibiscus flowers, and 3 cups boiling water in a medium pot.
- ☐ Let steep at room temperature for 30 minutes. Strain into a large pitcher, discarding solids.
- ☐ Add sugar; stir until dissolved.
- ☐ Add 8 cups cold water. Fill glasses with ice; pour agua fresca over and serve. DO AHEAD: Can be made 3 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:13.11, Inflammation Score:-1, Nutrition Score:0.21956521296955%

Nutrients (% of daily need)

Calories: 72.89kcal (3.64%), Fat: 0.07g (0.1%), Saturated Fat: 0g (0.01%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 18.81g (6.84%), Sugar: 18.73g (20.81%), Cholesterol: 0mg (0%), Sodium: 1.88mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%), Vitamin A: 116.72IU (2.33%)