



Hibiscus-Ginger Sparkler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- 2 tablespoons ginger syrup
- 4 servings ice cubes
- 0.5 cup pomegranate juice
- 2 cups lime-flavored sparkling water chilled
- 0.3 cup sugar
- 0.3 cup loose hibiscus tea
- 2 cups water

Equipment

sauce pan

sieve

Directions

Bring 2 cups water to a boil in a medium saucepan. Stir in tea; cover and steep 5 minutes.

Place sugar in a pitcher.

Pour warm tea through a sieve over sugar, stirring until sugar dissolves. Discard tea leaves. Cool completely.


Stir pomegranate juice and ginger syrup into tea mixture; cover and refrigerate until thoroughly chilled.

Fill each of 4 glasses with ice.

Pour 2/3 cup tea mixture over ice in each glass; add 1/2 cup sparkling water to each glass.

Garnish with lime slices, if desired.

Nutrition Facts

 **PROTEIN 0.63%**  **FAT 1.99%**  **CARBS 97.38%**

Properties

Glycemic Index:21.27, Glycemic Load:8.81, Inflammation Score:-1, Nutrition Score:1.0634782547536%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg, Epigallocatechin: 1.19mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg, Epigallocatechin 3-gallate: 1.38mg Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg, Theaflavin: 0.23mg Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg, Thearubigins: 11.99mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg, Theaflavin-3,3'-digallate: 0.26mg Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg, Theaflavin-3'-gallate: 0.22mg

0.22mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 67.88kcal (3.39%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 17.09g (6.22%), Sugar: 16.46g (18.28%), Cholesterol: 0mg (0%), Sodium: 37.38mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Manganese: 0.07mg (3.58%), Vitamin K: 3.24µg (3.09%), Copper: 0.05mg (2.59%), Potassium: 89.21mg (2.55%), Folate: 8.59µg (2.15%), Magnesium: 7.05mg (1.76%), Calcium: 15.25mg (1.53%), Zinc: 0.18mg (1.2%)