



Homemade Ginger Ale

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



213 kcal

BEVERAGE

DRINK

Ingredients

- 2 liters club soda chilled
- 6 oz piece ginger fresh peeled cut into small pieces
- 8 servings optional: lemon thinly sliced for garnish, optional
- 0.3 cup juice of lemon fresh
- 2 cups sugar

Equipment

- food processor
- bowl

sauce pan

Directions

- Combine fresh ginger and sugar in bowl of a food processor. Process until ginger is finely ground.
- Transfer to a large saucepan, add lemon juice and stir in 2 cups cold water. Bring to a boil over high heat, stirring. Reduce heat slightly and simmer until thick and syrupy, about 30 minutes.
- Remove from heat, cover and steep for 20 minutes. Strain and cool. (You should have about 2 cups.) Syrup can be made up to 2 weeks in advance. Keep tightly covered and refrigerated.
- Just before serving, fill 8 tall glasses with crushed ice.
- Pour about 1/4 cup of chilled ginger syrup into each glass. Fill with chilled seltzer and serve right away, garnished with lemon slices, if desired.

Nutrition Facts

PROTEIN 0.88% **FAT 1.44%** **CARBS 97.68%**

Properties

Glycemic Index:13.82, Glycemic Load:35.52, Inflammation Score:-1, Nutrition Score:1.6865217269439%

Flavonoids

Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 213.22kcal (10.66%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 54.76g (18.25%), Net Carbohydrates: 54.11g (19.68%), Sugar: 50.63g (56.25%), Cholesterol: 0mg (0%), Sodium: 55.98mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 7.72mg (9.36%), Copper: 0.07mg (3.52%), Potassium: 111.75mg (3.19%), Magnesium: 12.66mg (3.17%), Manganese: 0.06mg (2.81%), Fiber: 0.64g (2.58%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.04mg (2.16%), Calcium: 18.68mg (1.87%), Iron: 0.23mg (1.25%), Folate: 4.63µg (1.16%), Vitamin B2: 0.02mg (1.13%)