



Homemade Ginger Ale



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



6

CALORIES



125 kcal

BEVERAGE

DRINK

Ingredients



1 quart seltzer water chilled



7 ounces ginger peeled chopped



3 tablespoons juice of lime fresh



0.8 cup sugar



2 cups water

Equipment



bowl



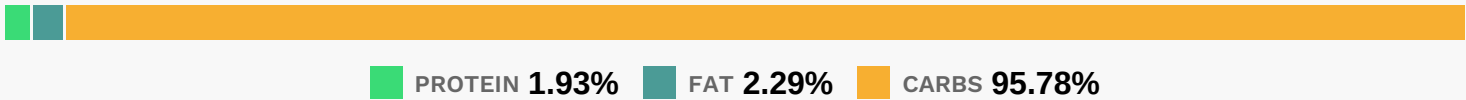
sauce pan

☐ sieve

Directions

- ☐ Cook ginger in water in a small saucepan at a low simmer, partially covered, 45 minutes.
- ☐ Remove from heat and let steep, covered, 20 minutes.
- ☐ Strain mixture through a sieve into a bowl, pressing on ginger and then discarding. Return liquid to saucepan and add sugar and a pinch of salt, then heat over medium heat, stirring, until sugar has dissolved. Chill syrup in a covered jar until cold.
- ☐ Mix ginger syrup with seltzer and lime juice (start with 1/4 cup syrup and 1 1/2 teaspoons lime juice per 3/4 cup seltzer, then adjust to taste).
- ☐ Ginger syrup keeps, chilled, 1 week.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:18.24, Inflammation Score:-2, Nutrition Score:1.7491304547242%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 124.58kcal (6.23%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 30.72g (11.17%), Sugar: 25.64g (28.49%), Cholesterol: 0mg (0%), Sodium: 41.77mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Copper: 0.1mg (5.03%), Vitamin C: 3.9mg (4.73%), Magnesium: 17.19mg (4.3%), Potassium: 149.69mg (4.28%), Manganese: 0.08mg (3.98%), Vitamin B6: 0.06mg (2.79%), Fiber: 0.69g (2.77%), Zinc: 0.29mg (1.91%), Calcium: 16.84mg (1.68%), Iron: 0.23mg (1.3%), Vitamin B3: 0.26mg (1.29%), Phosphorus: 12.3mg (1.23%), Folate: 4.39µg (1.1%), Vitamin B2: 0.02mg (1.01%)