



Homemade Ginger Ale



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



220 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup ginger peeled finely chopped
- ☐ 2 cups water
- ☐ 1 cup sugar
- ☐ 1 cup water
- ☐ 4 servings club soda
- ☐ 4 servings juice of lime
- ☐ 4 servings lime wedges

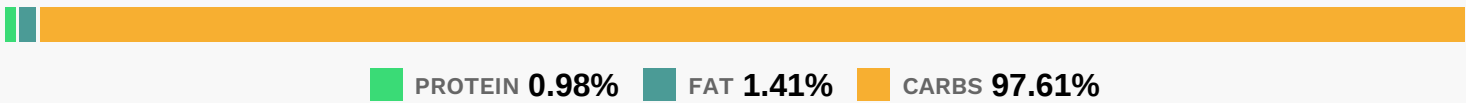
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Simmer ginger in water, strain: Bring 2 cups of water to a boil in a saucepan.
- ☐ Add ginger. Reduce heat to medium low and let ginger sit in the simmering water for 5 minutes.
- ☐ Remove from heat and let sit for 20 minutes. Strain liquid through a fine mesh strainer. Discard ginger pieces.
- ☐ Make simple syrup: In a separate saucepan, make the Simple Syrup by dissolving 1 cup granulated sugar into 1 cup of boiling water. Set aside.
- ☐ Assemble: Make individual (tall) glasses of ginger ale by mixing 1/2 cup of ginger water with 1/3 cup of Simple Syrup and 1/2 cup of club soda.
- ☐ Add a few drops of fresh lime juice and a lime wedge to each glass.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:35.5, Inflammation Score:-2, Nutrition Score:1.9821739281001%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 219.5kcal (10.98%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 56.07g (20.39%), Sugar: 50.83g (56.48%), Cholesterol: 0mg (0%), Sodium: 13.32mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 10.49mg (12.72%), Copper: 0.09mg (4.75%), Potassium: 136.74mg (3.91%), Magnesium: 14.56mg (3.64%), Manganese: 0.06mg (3.12%), Fiber: 0.63g (2.51%), Vitamin B6: 0.05mg (2.51%), Folate: 5.72µg (1.43%), Calcium: 14.24mg (1.42%), Vitamin B2: 0.02mg (1.32%), Phosphorus: 12.54mg (1.25%), Vitamin B3: 0.22mg (1.12%), Iron: 0.2mg (1.12%)