



Homemade Ginger Ale



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



90 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 candied ginger pieces
- ☐ 12 cups club soda chilled
- ☐ 1 cup ginger fresh peeled sliced
- ☐ 1 cup sugar
- ☐ 1 cup water

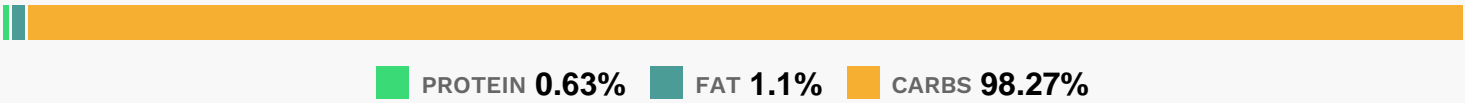
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine the sugar, ginger, and water in a small saucepan over medium-high heat, and bring to a boil, stirring to dissolve sugar. Reduce heat, and simmer 10 minutes; strain through a fine sieve into a pitcher, and cool.
- ☐ Add the club soda; garnish with lemon or candied ginger.
- ☐ Note: Syrup can be made and refrigerated, then combined with soda 1 serving at a time, using 2 tablespoons syrup per 1 cup soda.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:11.82, Inflammation Score:-1, Nutrition Score:0.55043478480176%

Nutrients (% of daily need)

Calories: 89.84kcal (4.49%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 22.59g (8.21%), Sugar: 21.31g (23.68%), Cholesterol: 0mg (0%), Sodium: 52.78mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Copper: 0.04mg (1.83%), Zinc: 0.27mg (1.78%), Magnesium: 6mg (1.5%), Calcium: 13.87mg (1.39%), Potassium: 38.27mg (1.09%), Manganese: 0.02mg (1.07%)