



Homemade Ginger Beer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

Ingredients



0.3 teaspoon active yeast dry



0.3 pound ginger peeled



1.5 tablespoons juice of lemon fresh



1 cup sugar



2 quarts water

Equipment



bowl



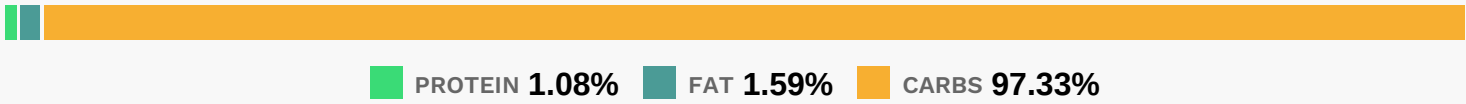
sieve

- ☐ funnel
- ☐ microplane

Directions

- ☐ Grate enough ginger using Microplane to measure 3 1/2 tablespoons, then put in a fine-mesh sieve set over a bowl to collect juice, pressing on solids and then discarding.
- ☐ Place funnel in neck of bottle and pour in 3 tablespoons ginger juice (reserve any remaining for another use).
- ☐ Add sugar, lemon juice, yeast, and a pinch of salt.
- ☐ Fill bottle with water, leaving about 1 1/2 inches of space at top.
- ☐ Remove funnel and screw cap on tightly. Gently shake bottle to dissolve sugar.
- ☐ Let stand at room temperature until plastic feels hard and no longer indents when squeezed, 24 to 36 hours.
- ☐ Chill ginger beer until very cold.
- ☐ Ginger beer keeps, chilled, 1 week.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:35.58, Inflammation Score:-2, Nutrition Score:1.8660869718246%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 217.05kcal (10.85%), Fat: 0.4g (0.62%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 55.31g (18.44%), Net Carbohydrates: 54.67g (19.88%), Sugar: 50.52g (56.14%), Cholesterol: 0mg (0%), Sodium: 28mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Copper: 0.14mg (7.25%), Vitamin C: 3.59mg (4.36%), Magnesium: 17.36mg (4.34%), Potassium: 126.3mg (3.61%), Manganese: 0.07mg (3.41%), Fiber: 0.64g (2.54%), Vitamin B6: 0.05mg (2.54%), Folate: 8.79µg (2.2%), Vitamin B1: 0.03mg (1.99%), Calcium: 19.63mg (1.96%), Vitamin B2: 0.03mg (1.63%), Vitamin B3: 0.3mg (1.48%), Phosphorus: 11.33mg (1.13%), Iron: 0.2mg (1.13%), Zinc:

0.17mg (1.11%)