



Homemade Ginger-Cardamom Soda With Lime



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



442 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 cardamom pods green
- ☐ 1 cup little demerara sugar
- ☐ 2 servings seltzer water
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1.5 ounces juice of lime fresh
- ☐ 1 lime zest
- ☐ 0.5 cup water

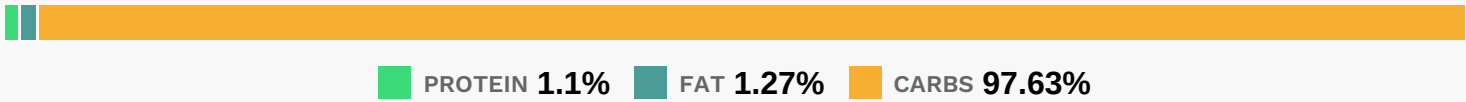
Equipment

☐ pot

Directions

- ☐ In a small, dry pot, toast cardamom over medium heat until fragrant.
- ☐ Remove pot from heat.
- ☐ Add ginger, sugar, water, and lime zest.
- ☐ Place back on heat and simmer until sugar is dissolved, about 5 minutes. Cool syrup; strain and discard solids.
- ☐ In a cocktail shaker, add 1 oz. syrup (or to taste) and lime juice.
- ☐ Add ice and shake to blend. Divide between two tall glasses, filled with ice. Top with sparkling water, club soda, or sparkling cider. Stir gently and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.07, Inflammation Score:-2, Nutrition Score:8.0643477958182%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 16.31mg, Hesperetin: 16.31mg, Hesperetin: 16.31mg, Hesperetin: 16.31mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 442.05kcal (22.1%), Fat: 0.64g (0.99%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 111.21g (37.07%), Net Carbohydrates: 107.87g (39.23%), Sugar: 100.18g (111.31%), Cholesterol: 0mg (0%), Sodium: 9.16mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Manganese: 2.3mg (115.03%), Vitamin C: 17.98mg (21.8%), Fiber: 3.33g (13.33%), Iron: 1.73mg (9.6%), Magnesium: 26.14mg (6.53%), Calcium: 59.06mg (5.91%), Potassium: 192.11mg (5.49%), Zinc: 0.7mg (4.67%), Copper: 0.08mg (4.23%), Phosphorus: 25.44mg (2.54%), Vitamin B6: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.14%), Vitamin B2: 0.03mg (1.51%), Folate: 5.19µg (1.3%), Vitamin B5: 0.11mg (1.06%), Vitamin B3: 0.21mg (1.06%)