



## Homemade Soda

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

BEVERAGE

DRINK

## Ingredients

- 3 cups club soda
- 1.5 cups ginger finely chopped
- 0.8 cup juice of lime
- 0.8 cup sugar raw
- 0.8 cup water
- 3 cups water

## Equipment

- sauce pan

## Directions

- This ginger–lime soda is my fave. Bring 3 cups of water to a boil.
- Add ginger, reduce heat, and simmer on low for 5 minutes. Set aside for 20 minutes; strain ginger. In a separate saucepan, combine sugar and 3/4 cup water; simmer until sugar dissolves. For each drink, mix 1/2 cup ginger water, 2 TBSP each sugar syrup and lime juice, and 1/2 cup club soda.

## Nutrition Facts

**PROTEIN 1.72%** **FAT 1.38%** **CARBS 96.9%**

## Properties

Glycemic Index:2.5, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:2.0486956595079%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 126.51kcal (6.33%), Fat: 0.2g (0.31%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 31.16g (11.33%), Sugar: 25.72g (28.57%), Cholesterol: 0mg (0%), Sodium: 36.71mg (1.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Vitamin C: 10.27mg (12.45%), Copper: 0.1mg (4.77%), Potassium: 144.61mg (4.13%), Magnesium: 15.9mg (3.98%), Manganese: 0.07mg (3.65%), Vitamin B6: 0.05mg (2.49%), Fiber: 0.6g (2.4%), Calcium: 21.43mg (2.14%), Zinc: 0.25mg (1.64%), Iron: 0.28mg (1.53%), Folate: 5.66µg (1.42%), Phosphorus: 12.65mg (1.26%), Vitamin B3: 0.22mg (1.11%)