



## Homemade Strawberry Soda

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



740 min.

SERVINGS



24

CALORIES



127 kcal

BEVERAGE

DRINK

### Ingredients

- 3.5 cups granulated sugar
- 24 servings ice cubes
- 3 tablespoons orange juice freshly squeezed
- 12 cups seltzer water chilled
- 7 cups strawberries washed hulled halved

### Equipment

- bowl
- sieve

kitchen towels

## Directions

- Place the strawberries in a large bowl, pour in 2 cups of the sugar, and mix until the strawberries are coated.
- Pour the remaining 1 1/2 cups of sugar in an even layer to cover the strawberries. Cover the bowl with a kitchen towel and let it sit at room temperature, stirring once or twice, until the sugar has mostly dissolved, about 12 hours. Set a fine-mesh strainer over a medium bowl. Stir the strawberry mixture again to help dissolve any sugar at the bottom of the bowl.
- Pour the strawberries and all of the liquid through the strainer, stirring the fruit but not pushing on it. Reserve the strawberries in the strainer for another use. Stir the orange juice into the syrup.
- Pour 1/4 cup of the syrup into a tall glass and add 1/2 cup of the sparkling water. Stir gently to combine, fill the glass with ice, and serve.
- Transfer any remaining syrup to a container with a tightfitting lid and refrigerate for up to 1 month.

## Nutrition Facts

 **PROTEIN 0.89%**  **FAT 1.51%**  **CARBS 97.6%**

## Properties

Glycemic Index:6.75, Glycemic Load:21.43, Inflammation Score:-2, Nutrition Score:2.730869534223%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 126.69kcal (6.33%), Fat: 0.22g (0.34%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 32.5g (10.83%), Net  
Carbohydrates: 31.65g (11.51%), Sugar: 31.34g (34.82%), Cholesterol: 0mg (0%), Sodium: 28.37mg (1.23%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin C: 25.76mg (31.22%), Manganese: 0.16mg (8.24%),  
Fiber: 0.84g (3.38%), Folate: 10.72µg (2.68%), Potassium: 71.46mg (2.04%), Copper: 0.04mg (1.96%), Magnesium:  
7.44mg (1.86%), Calcium: 14.84mg (1.48%), Zinc: 0.19mg (1.24%), Iron: 0.2mg (1.13%), Phosphorus: 10.44mg (1.04%),  
Vitamin B6: 0.02mg (1.03%)