



## Lemon-Ginger Tea Cooler

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



5

CALORIES



88 kcal

BEVERAGE

DRINK

### Ingredients

- 2.7 cups ginger ale chilled
- 0.4 inch gingerroot peeled
- 5 servings ice cubes
- 1 optional: lemon thinly sliced
- 0.3 cup sugar
- 3 regular-size zinger tea bags red
- 1.5 cups water

### Equipment

sauce pan

## Directions

- Reserve 4 lemon slices, and set aside.
- Combine remaining lemon slices, water, tea bags, and gingerroot in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 5 minutes.
- Remove from heat, and stir in sugar.
- Let cool completely; chill at least 1 hour.
- Strain tea mixture, discarding tea bags, lemon slices, and gingerroot. Stir in ginger ale.
- Place ice cubes and reserved lemon slices in 4 glasses; pour tea over ice.
- Serve immediately.

## Nutrition Facts

**PROTEIN 1.05%** **FAT 0.96%** **CARBS 97.99%**

## Properties

Glycemic Index:34.72, Glycemic Load:14.3, Inflammation Score:-1, Nutrition Score:1.3213043494717%

## Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 87.98kcal (4.4%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 22.48g (8.17%), Sugar: 21.73g (24.15%), Cholesterol: 0mg (0%), Sodium: 15.76mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 11.47mg (13.91%), Copper: 0.05mg (2.64%), Fiber: 0.62g (2.46%), Iron: 0.36mg (2.02%), Calcium: 13.39mg (1.34%), Manganese: 0.02mg (1.22%), Magnesium: 4.48mg (1.12%)