



Lemon-Ginger Tingle



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 3 cups ginger ale chilled
- ☐ 1.5 cups juice of lemon fresh (8 lemons)
- ☐ 1.5 cups sugar
- ☐ 1 cup water

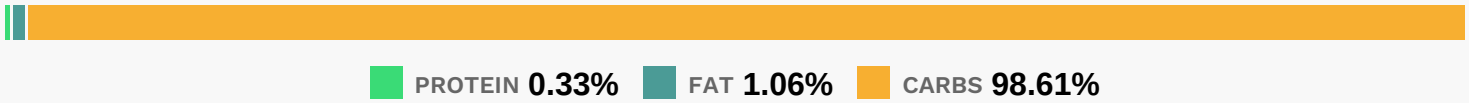
Equipment

- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, cook sugar and water over medium heat, stirring constantly, until sugar is dissolved.
- ☐ Remove from heat; cool to room temperature.
- ☐ Stir in lemon juice. Store mixture in tightly covered nonmetal container or jar in refrigerator.
- ☐ For each serving, in tall glass, mix 1/2 cup chilled mixture and 1/2 cup ginger ale. If desired, add ice.

Nutrition Facts



Properties

Glycemic Index:22.18, Glycemic Load:41.42, Inflammation Score:-1, Nutrition Score:2.103478288197%

Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 246.04kcal (12.3%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 64.35g (21.45%), Net Carbohydrates: 64.16g (23.33%), Sugar: 61.94g (68.82%), Cholesterol: 0mg (0%), Sodium: 11.34mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 23.61mg (28.61%), Folate: 12.2µg (3.05%), Copper: 0.04mg (2.04%), Potassium: 65.01mg (1.86%), Iron: 0.29mg (1.59%), Vitamin B6: 0.03mg (1.4%), Magnesium: 5.23mg (1.31%), Manganese: 0.02mg (1.23%), Vitamin B2: 0.02mg (1.1%)