



Lemony Gingerale Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

BEVERAGE

DRINK

Ingredients



33.8 ounce club soda chilled



0.3 cup ginger fresh grated peeled



1 cup juice of lemon



1 cup sugar



2 cups water

Equipment

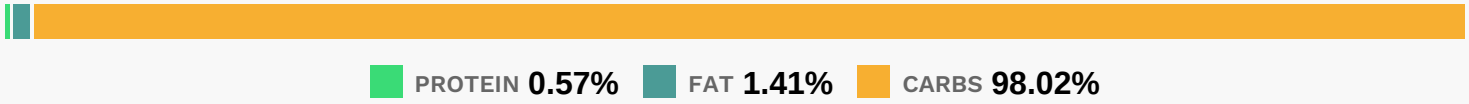


sauce pan

Directions

- ☐
- Combine first 3 ingredients in a small saucepan; bring to a boil, stirring until sugar dissolves.
- ☐
- Cool completely; strain and discard ginger. Stir in lemon juice and club soda.
- ☐
- Pour over ice.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.52, Inflammation Score:-1, Nutrition Score:1.20347825373%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 105.36kcal (5.27%), Fat: 0.18g (0.27%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 27.39g (9.96%), Sugar: 25.77g (28.63%), Cholesterol: 0mg (0%), Sodium: 29.06mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 11.95mg (14.49%), Folate: 6.43µg (1.61%), Copper: 0.03mg (1.5%), Potassium: 46.76mg (1.34%), Magnesium: 4.91mg (1.23%), Calcium: 10.32mg (1.03%), Zinc: 0.15mg (1.02%)