

# Malian Ginger Juice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



16

CALORIES



57 kcal

BEVERAGE

DRINK

## Ingredients

- 0.3 pound ginger root fresh unpeeled cut into 1/2-inch chunks
- 16 leaves mint leaves fresh crushed
- 4 juice of lemon juiced
- 1 cup sugar white

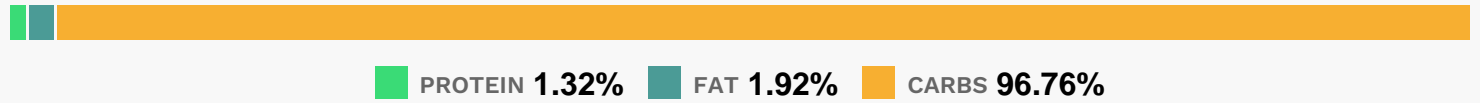
## Equipment

- blender

## Directions

- Place ginger into a blender, cover with 1 1/2 cup water, and blend until ginger is thick and pasty. Strain and squeeze juice from ginger pulp into a 2-quart pitcher, squeezing ginger mixture as dry as possible.
- Stir lemon juice and sugar into ginger juice until sugar has dissolved.
- Pour 7 cups water into mixture, stir to combine, and serve garnished with crushed mint leaves.

## Nutrition Facts



## Properties

Glycemic Index:5.32, Glycemic Load:8.95, Inflammation Score:-1, Nutrition Score:0.63173913040563%

## Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 57.37kcal (2.87%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 14.44g (5.25%), Sugar: 12.82g (14.25%), Cholesterol: 0mg (0%), Sodium: 1.44mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 3.39mg (4.11%), Potassium: 47.48mg (1.36%), Manganese: 0.02mg (1.18%), Copper: 0.02mg (1.18%), Magnesium: 4.55mg (1.14%)