

## Pale Ginger Shandy

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounces club soda chilled
- 1 piece ginger grated peeled
- 12 ounce india pale ale such as brooklyn east chilled
- 2 slices optional: lemon for garnish
- 2 tablespoons juice of lemon fresh
- 0.5 cup sugar

### Equipment

- sauce pan

measuring cup

## Directions

- Heat the sugar, ginger and 1/2 cup water in a small sauce pan over medium-high heat. Bring to a boil, and stir to melt the sugar.
- Remove from the heat and allow to steep and cool for 15 minutes, then strain (should make about 3/4 cup). Reserve the unused ginger syrup for another use.
- Mix 1/4 cup of the syrup with the lemon juice in a large liquid measuring cup.
- Add the club soda. Divide between two chilled beer chalices.
- Pour half of the beer into each glass.
- Garnish each with a lemon slice and serve.
- From Food Network Kitchens

## Nutrition Facts

 **PROTEIN 1.64%**  **FAT 0.92%**  **CARBS 97.44%**

## Properties

Glycemic Index:75.55, Glycemic Load:37.55, Inflammation Score:-5, Nutrition Score:2.1156521706801%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

## Nutrients (% of daily need)

Calories: 273.77kcal (13.69%), Fat: 0.24g (0.37%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 58.15g (19.38%), Net Carbohydrates: 57.84g (21.03%), Sugar: 50.51g (56.13%), Cholesterol: 0mg (0%), Sodium: 19.96mg (0.87%), Alcohol: 6.63g (100%), Alcohol %: 2.78% (100%), Protein: 0.98g (1.95%), Vitamin C: 9.69mg (11.75%), Vitamin B6: 0.1mg (4.82%), Vitamin B3: 0.92mg (4.6%), Folate: 14.36µg (3.59%), Magnesium: 13.74mg (3.43%), Vitamin B2: 0.06mg (3.34%), Phosphorus: 27.32mg (2.73%), Potassium: 87.7mg (2.51%), Selenium: 1.39µg (1.98%), Copper:

0.03mg (1.42%), Manganese: 0.03mg (1.4%), Calcium: 13.42mg (1.34%), Fiber: 0.31g (1.24%), Vitamin B5: 0.11mg (1.1%), Vitamin B1: 0.02mg (1.05%)