



Pineapple-Ginger Agua Fresca



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 teaspoons ginger fresh grated peeled ()
- ☐ 5 cups cubes pineapple ripe peeled (from 1 large pineapple)
- ☐ 8 servings ice cubes
- ☐ 0.5 cup sugar
- ☐ 4 cups water divided

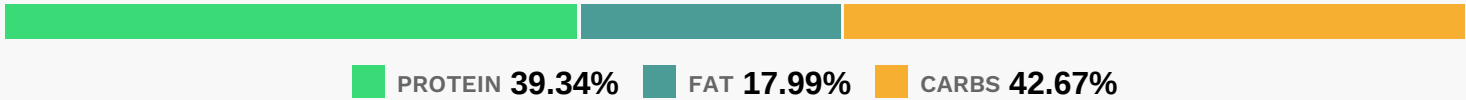
Equipment

- ☐ blender
- ☐ measuring cup

Directions

- ☐ Puree pineapple, 1 cup water, and sugar in blender in batches until smooth.
- ☐ Pour into 8-cup measuring cup.
- ☐ Mix in 3 cups water and 2 teaspoons ginger. Cover; chill until cold, about 4 hours. Strain pineapple mixture into pitcher, pressing on solids in strainer.
- ☐ Add more ginger to taste. Fill tall glasses with ice.
- ☐ Pour agua fresca over.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:8.74, Inflammation Score:1, Nutrition Score:0.25478260632118%

Nutrients (% of daily need)

Calories: 124.86kcal (6.24%), Fat: 2.59g (3.98%), Saturated Fat: 0g (0.01%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13.8g (5.02%), Sugar: 13.75g (15.28%), Cholesterol: 38.17mg (12.72%), Sodium: 937.7mg (40.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.45%), Iron: 0.47mg (2.6%), Copper: 0.03mg (1.49%)