



## Raspberry Gingerale

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



145 min.

SERVINGS



8

CALORIES



141 kcal

BEVERAGE

DRINK

### Ingredients

- 1 cup cane sugar pure
- 4 cups club soda very cold
- 1.5 cups ginger fresh peeled chopped
- 8 servings ice cubes
- 1 Strips lemon peel from 1 lemon
- 1 pint raspberries fresh whole very ripe for garnish

### Equipment

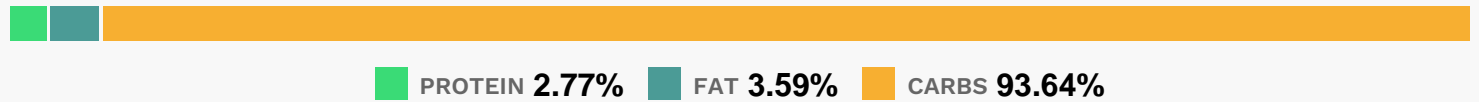
- bowl

- sauce pan
- drinking straws

## Directions

- Combine the ginger, lemon peel and 3 cups cold water in a medium saucepan over high heat. Bring to a boil and cook until reduced by half, about 5 minutes.
- Add 1 cup of the sugar and continue boiling until the sugar completely dissolves, 1 to 2 minutes. Strain the syrup into a small pitcher, cover tightly and refrigerate until very cold, at least 2 hours.
- Combine the raspberries and the remaining 1 tablespoon sugar in a medium bowl.
- Let stand at room temperature, about 30 minutes.
- Spoon some of the berries into the bottoms of 6 to 8 glasses and mash them gently with a spoon.
- Pour over some ginger syrup – more or less depending on how sweet you want your drink.
- Pour about 1/2 cup club soda in each glass, and serve with a straw.

## Nutrition Facts



## Properties

Glycemic Index:13.89, Glycemic Load:18.71, Inflammation Score:-3, Nutrition Score:4.7747826083847%

## Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 141.47kcal (7.07%), Fat: 0.6g (0.92%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 30.94g (11.25%), Sugar: 27.88g (30.97%), Cholesterol: 0mg (0%), Sodium: 30.83mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Manganese: 0.44mg (21.98%), Vitamin C: 16.56mg (20.07%), Fiber: 4.22g (16.87%), Magnesium: 22.51mg (5.63%), Copper: 0.11mg (5.59%), Potassium: 167.08mg (4.77%), Vitamin K: 4.63µg (4.41%), Vitamin E: 0.56mg (3.74%), Folate: 14.42µg (3.6%), Vitamin B6: 0.06mg (3.08%), Iron: 0.54mg (3.01%), Zinc: 0.44mg (2.91%), Calcium: 25.68mg (2.57%), Vitamin B3: 0.49mg (2.45%), Phosphorus: 23.29mg (2.33%), Vitamin B5: 0.23mg (2.32%), Vitamin B2: 0.03mg (1.97%), Vitamin B1: 0.02mg (1.57%)