

## Real Ginger Ale

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup crystallized ginger chopped
- 1 cup ginger fresh peeled chopped
- 0.5 cup honey
- 6 servings ice cubes
- 4.5 cups seltzer water chilled
- 2.5 cups water

### Equipment

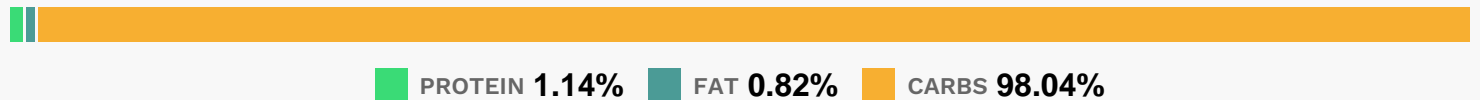
- bowl

- frying pan
- sauce pan
- sieve

## Directions

- Combine first 3 ingredients in a 2-quart saucepan. Bring to a boil. Cover, reduce heat, and simmer 30 minutes. Uncover; increase heat to medium, and cook 10 minutes or until ginger is very tender.
- Remove pan from heat; cover and let stand 30 minutes.
- Strain ginger mixture through a sieve into a bowl. Discard solids. Stir in honey until blended. Cover and refrigerate 2 hours or until thoroughly chilled.
- Place 4 tablespoons ginger syrup in each of 6 chilled glasses. Stir 3/4 cup seltzer into each glass.
- Add ice, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:11.21, Glycemic Load:12.52, Inflammation Score:-1, Nutrition Score:1.1382608719818%

## Nutrients (% of daily need)

Calories: 123.66kcal (6.18%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 31.87g (11.59%), Sugar: 29.36g (32.62%), Cholesterol: 0mg (0%), Sodium: 49.38mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Copper: 0.08mg (4.09%), Manganese: 0.06mg (3.05%), Magnesium: 10.77mg (2.69%), Potassium: 84.64mg (2.42%), Zinc: 0.31mg (2.06%), Calcium: 17.76mg (1.78%), Vitamin B6: 0.03mg (1.62%), Fiber: 0.38g (1.51%), Iron: 0.23mg (1.29%), Vitamin C: 0.94mg (1.14%)