

Sparkling Ginger Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



10

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon crystallized ginger finely chopped
- ☐ 2 ounces ginger fresh sliced
- ☐ 2 lemon wedges
- ☐ 0.8 cup sugar divided
- ☐ 0.8 cup water
- ☐ 1500 ml prosecco chilled
- ☐ 1500 ml prosecco chilled

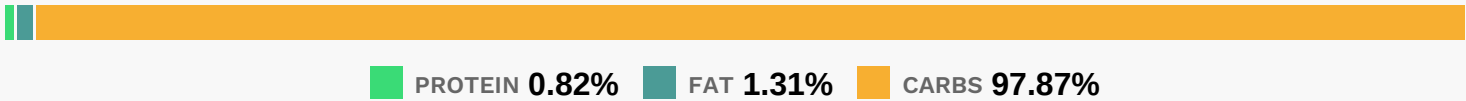
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Simmer water, fresh ginger, and 1/2 cup sugar in a small saucepan, uncovered, 10 minutes.
- ☐ Remove from heat and let steep 15 minutes. Strain syrup through a sieve into a bowl, discarding solids. Chill until cold.
- ☐ Finely grind crystallized ginger with remaining 1/4 cup sugar in a blender or food processor, then spread on a small plate.
- ☐ Run lemon wedges around rims of glasses, then dip rims into ginger sugar. Put 1 tablespoon syrup into each glass and top off with Prosecco.
- ☐ Syrup can be chilled, covered, up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:10.67, Inflammation Score:-1, Nutrition Score:0.42826087440809%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 66.54kcal (3.33%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 16.86g (6.13%), Sugar: 15.91g (17.68%), Cholesterol: 0mg (0%), Sodium: 2mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin C: 2.19mg (2.66%)