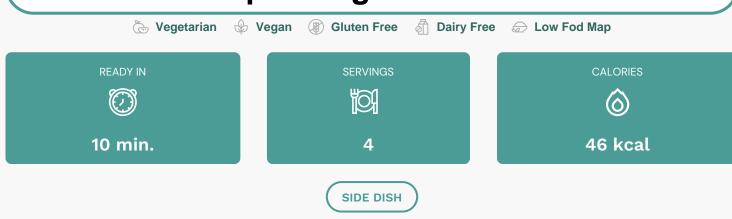


Sparkling Panakam



Ingredients

U.3 cup evaporated cane juice fine-grain
O.1 teaspoon ground cardamom
2 teaspoons ground ginger
4 servings ice cubes
1 tablespoon juice of lime fresh
O.1 teaspoon sea salt fine-grain
4 cups seltzer water chilled

Equipment

Directions

In a medium pitcher, make a thick paste by stirring together the sugar, ginger, cardamom, lime
juice, salt, and a small splash of the sparkling water. Stir until any lumps have dissolved.
Add more water, a little at a time, stirring all the while. The mixture will get quite fizzy, so just take it slow.
Serve as cold as possible with as many ice cubes wedged into the pitcher as possible.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3330434950312%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.02mg, Quercetin: 0.02mg,

Nutrients (% of daily need)

Calories: 46.11kcal (2.31%), Fat: 0.05g (0.08%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 13.4g (4.87%), Sugar: 12.6g (14%), Cholesterol: Omg (0%), Sodium: 125.51mg (5.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Manganese: 0.35mg (17.69%), Zinc: 0.29mg (1.91%), Calcium: 15.46mg (1.55%), Copper: 0.03mg (1.46%), Vitamin C: 1.15mg (1.39%), Magnesium: 5.51mg (1.38%), Iron: 0.23mg (1.3%)