

Sparkling Panakam



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



46 kcal

SIDE DISH

Ingredients

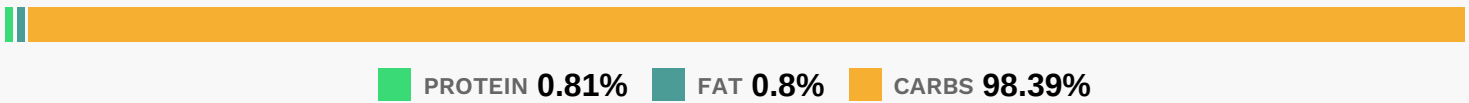
- ☐ 0.3 cup evaporated cane juice fine-grain
- ☐ 0.1 teaspoon ground cardamom
- ☐ 2 teaspoons ground ginger
- ☐ 4 servings ice cubes
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.1 teaspoon sea salt fine-grain
- ☐ 4 cups seltzer water chilled

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.
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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: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 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: 0mg (0%), Sodium: 125.51mg (5.46%), Alcohol: 0g (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%)