

# 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 muscovado sugar 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.
- Reprinted with permission from Super Natural Every Day: Well-loved Recipes from My Natural Foods Kitchen by Heidi Swason. Text and photographs copyright © 2011 by Heidi Swanson. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc. Writer, photographer, and designer HEIDI SWANSON is the creator of 101 Cookbooks, the award-winning culinary blog and recipe journal. She is also the author of Cook 1.0 and Super Natural Cooking. Her work has appeared in Food & Wine, Saveur, Glamour, the Washington Post, Time, Fast Company, Utne Reader, and the Vegetarian Times, as well as on Salon.com and NPR.com. Heidi lives, cooks, and writes in San Francisco. Visit [www.101cookbooks.com](http://www.101cookbooks.com) and [www.heidiswanson.com](http://www.heidiswanson.com).

# Nutrition Facts

**PROTEIN 0.81%** **FAT 0.8%** **CARBS 98.39%**

## 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: 46.1kcal (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%)