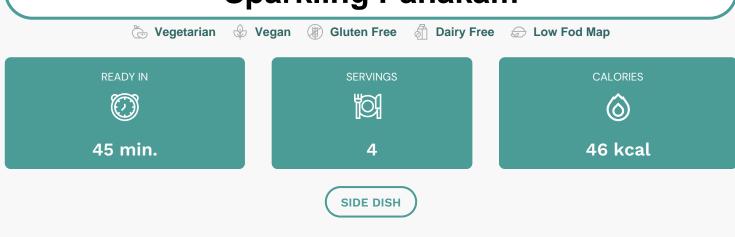


# **Sparkling Panakam**



### Ingredients

U.S cup muscovado sugar 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.
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
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### **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: 0.02mg, 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%)