

Spicy Ginger Soda



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



72 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ginger fresh peeled finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 12 lime wedges
- ☐ 4 teaspoons pepper red crushed
- ☐ 6 cups seltzer water divided
- ☐ 1 cup sugar

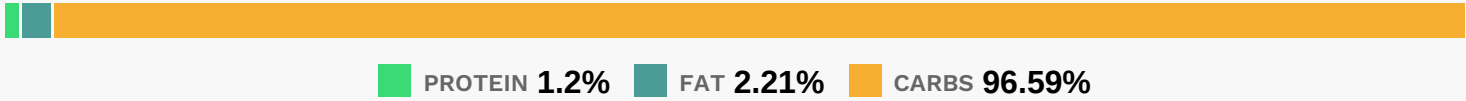
Equipment

- ☐ sauce pan

Directions

- ☐ Combine sugar, red pepper flakes, salt,ginger, and 2 cups water in a small saucepan.Bring to a boil, reduce heat to low,and simmer for 15 minutes.
- ☐ Remove panfrom heat, cover, and steep for 30 minutes.Strain ginger syrup into a jar and chill. Fill a12-ounce glass with ice cubes.
- ☐ Add 2 tablespoons gingersyrup, squeeze a lime wedge into glass,and top with soda water. Stir to combine.Repeat to make 11 more sodas.
- ☐ Per serving: 74 calories, 17 g sugar
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:9.76, Glycemic Load:12.11, Inflammation Score:-2, Nutrition Score:1.2921739104001%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 72.38kcal (3.62%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 18.27g (6.64%), Sugar: 17.01g (18.89%), Cholesterol: 0mg (0%), Sodium: 84.9mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin C: 5.3mg (6.43%), Vitamin A: 206.67IU (4.13%), Fiber: 0.76g (3.04%), Vitamin E: 0.3mg (1.98%), Copper: 0.03mg (1.47%), Calcium: 14.44mg (1.44%), Iron: 0.25mg (1.39%), Vitamin B6: 0.02mg (1.18%), Zinc: 0.17mg (1.15%), Potassium: 38.91mg (1.11%)