



 **1%**
HEALTH SCORE

Turmeric Ginger Beer

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

Ingredients

- 6 cardamom pods crushed
- 1 teaspoon coriander seeds
- 2 ounces ginger fresh grated (4 T ginger)
- 1 ounce ginger (2 T.)
- 1 strip lemon zest
- 6 ounces seltzer water
- 0.8 cup sugar
- 2 teaspoons turmeric

- 2 cups water
- 2 ounces prepare as for ginger beer, but add gold rum

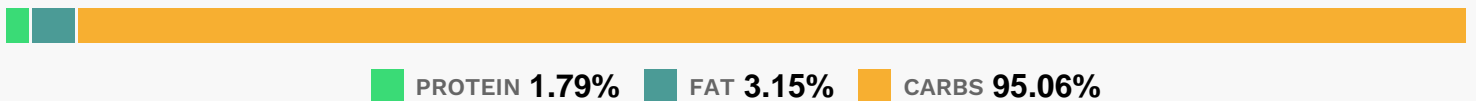
Equipment

- frying pan
- sauce pan
- sieve

Directions

- Infuse Syrup:Grate ginger and turmeric.
- Place all ingredients in a saucepan and bring to a boil. Reduce heat and simmer for 10 minutes.
- Remove pan from heat and let spices sit and infuse in the syrup while it is brought up to room temperature.Strain syrup:I find it easiest to strain the syrup twice first through a regular strainer, then through a fine-mesh teas strainer. Refrigerated, the syrup will keep for several weeks
- Mix:Measure 2 Tablespoons of syrup into an eight ounce glass. Lightly crush the lemon peel and mint leaves with the back of a spoon. Squeeze the juice from one quarter of a lemon into the glass. Top with ice and soda water.

Nutrition Facts



Properties

Glycemic Index:21.64, Glycemic Load:13.77, Inflammation Score:-10, Nutrition Score:2.1021739130435%

Taste

Sweetness: 100%, Saltiness: 31.07%, Sourness: 16.98%, Bitterness: 44.64%, Savoriness: 5.94%, Fattiness: 4.79%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 90.4kcal (4.52%), Fat: 0.33g (0.52%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 21.84g (7.94%), Sugar: 19.55g (21.72%), Cholesterol: 0mg (0%), Sodium: 10.05mg (0.44%), Protein:

0.43g (0.86%), Manganese: 0.49mg (24.51%), Fiber: 0.87g (3.48%), Iron: 0.55mg (3.04%), Magnesium: 10.71mg (2.68%), Copper: 0.05mg (2.44%), Potassium: 77.97mg (2.23%), Vitamin C: 1.35mg (1.64%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.21mg (1.43%), Calcium: 13.71mg (1.37%)