



Zero Proof: Plum Shrub Ginger Soda



Gluten Free



Dairy Free

READY IN



4320 min.

SERVINGS



4

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 1 liter ginger ale
- ☐ 2 tablespoons granulated sugar (for rim)
- ☐ 4 servings ice cubes
- ☐ 2 tablespoons kosher salt (for rim)
- ☐ 1 cup plums chopped

Equipment

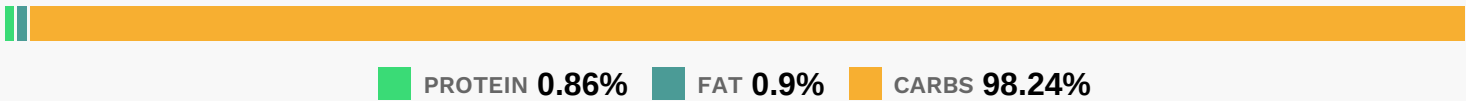
- ☐ bowl

- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ canning jar

Directions

- ☐ Place chopped plums and apple cider vinegar in a bowl. Cover with plastic wrap and refrigerate for 72 hours. A mason jar also works well.
- ☐ Remove plum vinegar from refrigerator and empty into a 2 quart pot.
- ☐ Add sugar and simmer just until sugar is dissolved, about 5 minutes.
- ☐ Let cool.
- ☐ When syrup is cool, strain through a sieve into a bowl, pushing on the solids to extract extra juice. Chill in refrigerator till cool.
- ☐ Pour a tablespoon of ginger ale on a saucer and dip rims of four serving glasses into it, rotating to wet the rims.
- ☐ Combine kosher salt and granulated sugar in a small plate. Dip glasses into sugar/salt mixture, rotating to coat rim.
- ☐ Fill glasses with ice and pour 1/4 cup of plum shrub syrup in each glass. Top up with ginger ale and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:19.77, Inflammation Score:-1, Nutrition Score:1.9991304433864%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg, Epicatechin 3-gallate: 0.31mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.04mg,
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Nutrients (% of daily need)

Calories: 139.41kcal (6.97%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 33.08g (11.03%), Net
Carbohydrates: 32.5g (11.82%), Sugar: 32.51g (36.13%), Cholesterol: 0mg (0%), Sodium: 3511.52mg (152.67%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Manganese: 0.21mg (10.59%), Vitamin C: 3.92mg
(4.75%), Copper: 0.09mg (4.26%), Iron: 0.67mg (3.73%), Potassium: 111.71mg (3.19%), Vitamin A: 142.31IU (2.85%),
Vitamin K: 2.64µg (2.51%), Fiber: 0.58g (2.31%), Magnesium: 9.02mg (2.25%), Calcium: 18.04mg (1.8%), Zinc: 0.2mg
(1.37%), Phosphorus: 11.38mg (1.14%)