



Barrel-Aged Cherry Soda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



653 kcal

BEVERAGE

DRINK

Ingredients

- 60 grams cherry juice
- 0.5 ounce juice of lemon fresh
- 1 ounce seltzer water chilled
- 15 grams simple syrup glaze to taste ()
- 0.8 cup sugar
- 0.9 cup water

Equipment

Directions

- Combine sugar and water in a nonreactive container and allow to combine. Give it a few shakes if necessary.
- Transfer the syrup to the Tuthilltown Distillery container (with stave for flavoring) and let rest for 2 days at room temperature. Use or transfer to the fridge after two days and store there for up to a week.
- Combine cherry juice, barrel-aged simple syrup, and lemon juice in a cocktail shaker filled with ice. Shake until well chilled, about 10 seconds. Strain into a ice-filled rocks glass and top with seltzer water.

Nutrition Facts

PROTEIN 0.17% **FAT 0.68%** **CARBS 99.15%**

Properties

Glycemic Index:70.09, Glycemic Load:104.72, Inflammation Score:1, Nutrition Score:1.2952174008217%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 653.37kcal (32.67%), Fat: 0.51g (0.79%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 169.35g (56.45%), Net Carbohydrates: 169.3g (61.57%), Sugar: 167.04g (185.6%), Cholesterol: 0mg (0%), Sodium: 32.37mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin C: 5.49mg (6.65%), Iron: 0.99mg (5.5%), Potassium: 130.1mg (3.72%), Copper: 0.05mg (2.65%), Vitamin B2: 0.04mg (2.33%), Calcium: 17.35mg (1.74%), Vitamin B1: 0.02mg (1.53%), Selenium: 1.02µg (1.46%), Magnesium: 4.85mg (1.21%)