

Beet Generation



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



437 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

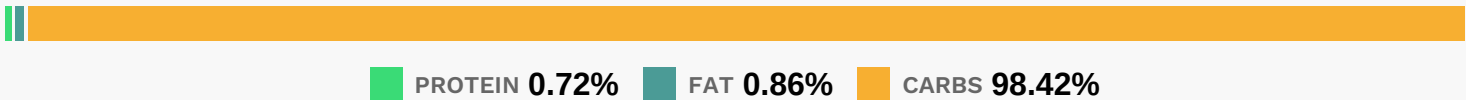
- ☐ 3 ounces apple cider
- ☐ 0.5 ounces beets (preferably fresh-squeezed)
- ☐ 0.3 cup brown sugar packed
- ☐ 1 serving ice cubes
- ☐ 2 ounces irish whiskey
- ☐ 0.5 ounce simple syrup glaze
- ☐ 1 serving star anise for garnish
- ☐ 0.3 cup water

Equipment

Directions

- ☐ For the Star Anise Simple Syrup: Simmer star anise, sugar and water for 10 minutes, stirring to dissolve sugar. Strain into a small bottle with a lid or cork. Store in the refrigerator.
- ☐ For the Cocktail: Fill a tumbler halfway with ice.
- ☐ Add rye, beet juice, cider, and star anise simple syrup. Stir gently.
- ☐ Garnish with star anise.

Nutrition Facts



Properties

Glycemic Index:124.75, Glycemic Load:4.49, Inflammation Score:-3, Nutrition Score:2.7391304159132%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg, Epicatechin: 4.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 437.47kcal (21.87%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 75.84g (25.28%), Net Carbohydrates: 75.13g (27.32%), Sugar: 72.92g (81.03%), Cholesterol: 0mg (0%), Sodium: 44mg (1.91%), Alcohol: 20.41g (100%), Alcohol %: 7.58% (100%), Protein: 0.56g (1.11%), Manganese: 0.17mg (8.62%), Iron: 1.5mg (8.32%), Calcium: 66.48mg (6.65%), Potassium: 229.02mg (6.54%), Copper: 0.09mg (4.25%), Magnesium: 16.73mg (4.18%), Folate: 16.1µg (4.03%), Vitamin B1: 0.05mg (3.24%), Fiber: 0.71g (2.85%), Vitamin B6: 0.05mg (2.69%), Phosphorus: 21.06mg (2.11%), Vitamin C: 1.67mg (2.02%), Vitamin B2: 0.03mg (1.89%), Vitamin B5: 0.14mg (1.44%), Selenium: 0.99µg (1.42%), Zinc: 0.19mg (1.24%), Vitamin B3: 0.24mg (1.22%)