



Homemade Sassafras Root Beer



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



5

CALORIES



211 kcal

SIDE DISH

Ingredients



30 inches several roots from sassafras saplings green (including some stems) (enough to fill one cup when you chop them into)



4 cups water



2 cloves



0.5 teaspoon anise seeds (can sub fennel)



4 allspice



1 inch stick cinnamon



0.3 cup blackstrap molasses



1 cup sugar

- ☐ 2 quarts soda water

Equipment

- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Prepare the roots: Scrub the roots clean of any dirt.
- ☐ Cut the roots into 1/2-inch long pieces. (The roots can be tough, if you have a pair of pruning shears, they work great to cut the roots.) If you have a few green stems, you can include them too, but you should have mostly roots.
- ☐ Cut up as much as you need to fill one cup.
- ☐ Simmer roots with spices:
- ☐ Put the roots into a small pot and cover with 4 cups of water.
- ☐ Add the cloves, anise seeds, allspice berries, and cinnamon stick. Bring to a boil, reduce to a simmer, and simmer for 25 minutes.
- ☐ Add the molasses and simmer for 5 minutes more.
- ☐ Remove from heat.
- ☐ Strain and add sugar: Strain through cheesecloth or a fine mesh sieve lined with a paper towel. Rinse out the pot. Return the liquid to the pot.
- ☐ Add the sugar, heat until just a simmer and the sugar has dissolved.
- ☐ Remove from the heat and let cool.
- ☐ Add soda water to syrup to serve: To assemble the root beer, fill a glass with ice cubes, add the syrup and soda water in a 1:2 ratio, so 1/3 cup of syrup to 2/3 cups of soda water.
- ☐ Add more soda water if you want it more diluted, add more syrup if you want it stronger.

Nutrition Facts



 PROTEIN **0.54%**  FAT **0.91%**  CARBS **98.55%**

Properties

Glycemic Index:40.62, Glycemic Load:34.13, Inflammation Score:-2, Nutrition Score:3.9234783089031%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 211.02kcal (10.55%), Fat: 0.22g (0.34%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 53.65g (19.51%), Sugar: 53.54g (59.49%), Cholesterol: 0mg (0%), Sodium: 107.81mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Manganese: 0.4mg (20.17%), Magnesium: 50.74mg (12.68%), Potassium: 309.31mg (8.84%), Copper: 0.15mg (7.63%), Calcium: 66.32mg (6.63%), Vitamin B6: 0.13mg (6.26%), Iron: 1.08mg (6%), Selenium: 3.37µg (4.81%), Folate: 16.69µg (4.17%), Zinc: 0.52mg (3.47%), Fiber: 0.61g (2.43%), Vitamin B5: 0.16mg (1.62%), Phosphorus: 12.5mg (1.25%), Vitamin B3: 0.22mg (1.1%)