Kook-a-Cola

Vegetarian Gluten Free Low Fod Map

READY IN	SERVINGS	CALORIES
45 min.	100	270 kcal

BEVERAGE DRINK

Ingredients

- [ ] 2.5 drops coriander oil
- [ ] 5 drops nutmeg oil
- [ ] 0.8 fluid ounce caramel color
- [ ] 12.5 gallons carbonated water
- [ ] 1.5 ounces citric acid powder
- [ ] 0.5 pound coca leaves whole crumbled leaf coca tea
- [ ] 0.5 cup proof grain alcohol everclear® such as
- [ ] 15 drops lemon infused olive oil

- [ ] 2 cups juice of lime
- [ ] 10 drops orange oil
- [ ] 0.5 fluid ounce vanilla extract
- [ ] 1.3 gallons water
- [ ] 15 pounds sugar white
- [ ] 0.5 fluid ounce caffeine
- [ ] 0.5 fluid ounce caffeine

Equipment

Directions

- [ ] To make the coca extract, moisten coca leaf powder with 3 ounces of grain alcohol. Then pack the wet leaves into a percolator and add more diluted alcohol until the leaves are fully saturated and slightly covered by alcohol. When the extract begins to drip from the percolator, stop up the hole, cover the percolator tightly and allow to macerate for 2 days. Then continue the percolation, adding more alcohol until you have 8 ounces of extract.
- [ ] To make the flavoring, combine drops of orange oil, lemon oil, nutmeg oil, coriander oil, neroli oil, and cinnamon oil with 1/2 cup of grain alcohol.
- [ ] To make the syrup, mix together water, sugar, caramel, and 1/8 ounce (or 3/4 tablespoon) of coca extract. Stir in vanilla extract, caffeine, lime juice, and citric acid.
- [ ] Combine 1/4 ounce flavoring with the entire amount of syrup.
- [ ] To prepare Kook-a-Cola, combine 1 part flavored syrup to 5 parts carbonated water.

Nutrition Facts

PROTEIN **0.05%** FAT **1.02%** CARBS **98.93%**

Properties

Glycemic Index:2.13, Glycemic Load:47.75, Inflammation Score:1, Nutrition Score:0.65521738832088%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 269.98kcal (13.5%), Fat: 0.31g (0.48%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 68.58g (22.86%), Net Carbohydrates: 68.56g (24.93%), Sugar: 68.35g (75.95%), Cholesterol: 0.02mg (0.01%), Sodium: 103.17mg (4.49%), Alcohol: 0.45g (100%), Alcohol %: 0.1% (100%), Protein: 0.03g (0.06%), Zinc: 0.49mg (3.27%), Calcium: 26.8mg (2.68%), Copper: 0.04mg (2.12%), Vitamin C: 1.45mg (1.76%), Magnesium: 5.65mg (1.41%)