

# Lucky Devil

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



419 kcal

SIDE DISH

## Ingredients

- 2 ounces cardamom
- 1 tablespoon cardamom pods whole
- 2 ounces cinnamon
- 2 sticks cinnamon
- 1 tablespoon ground cinnamon
- 0.3 cup honey
- 2 servings honey
- 2 servings ice cubes

- 1 juice of lime
- 2 pieces saffron threads for garnish\*
- 2 ounces simple syrup glaze
- 9 ounces seltzer water
- 16 ounces water

## Equipment

- sauce pan

## Directions

- In a small saucepan, bring the ground cinnamon, cinnamon sticks, and distilled or tap water to a boil over high heat. Reduce the heat to moderate and simmer, uncovered, until reduced by half, about 15 minutes. DO AHEAD: Cinnamon elixir can be prepared in advance and refrigerated up to 2 weeks.
- In a small saucepan, bring the cardamom and distilled or tap water to a boil over high heat. Reduce the heat to moderate and simmer, uncovered, until reduced by half, about 15 minutes. DO AHEAD: Cardamom elixir can be prepared in advance and refrigerated up to 2 weeks.
- Pour the lime juice onto a small plate and spread the granulated honey on a second small plate. Dip the rim of a 12-ounce glass into the lime juice, then dip it into the granulated honey to lightly coat. Repeat with a second 12-ounce glass.
- Pour 1 ounce each of the cinnamon elixir, cardamom elixir, and simple syrup into each prepared glass.
- Add ice and enough soda water to fill each glass.
- Garnish with saffron rock candy.

## Nutrition Facts



**PROTEIN 4.11%** **FAT 4.72%** **CARBS 91.17%**

## Properties

Glycemic Index:99.77, Glycemic Load:22.77, Inflammation Score:-6, Nutrition Score:19.859130646871%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 419.26kcal (20.96%), Fat: 2.61g (4.02%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 113.69g (37.9%), Net Carbohydrates: 85.68g (31.16%), Sugar: 62.32g (69.24%), Cholesterol: 0mg (0%), Sodium: 70.36mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Manganese: 15.37mg (768.34%), Fiber: 28.01g (112.05%), Calcium: 504mg (50.4%), Iron: 8.73mg (48.49%), Magnesium: 105.07mg (26.27%), Zinc: 3.34mg (22.26%), Potassium: 586.19mg (16.75%), Vitamin C: 13.5mg (16.36%), Copper: 0.33mg (16.26%), Vitamin K: 11.28µg (10.74%), Phosphorus: 87.61mg (8.76%), Vitamin B6: 0.16mg (7.82%), Vitamin B1: 0.11mg (7.45%), Vitamin B2: 0.11mg (6.61%), Vitamin E: 0.86mg (5.76%), Vitamin B3: 0.95mg (4.73%), Selenium: 1.78µg (2.54%), Vitamin A: 118.56IU (2.37%), Vitamin B5: 0.18mg (1.8%), Folate: 5.57µg (1.39%)