

Sparkling Spice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



453 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup sparkling apple-cranberry juice chilled
- ☐ 1 tablespoon lemon-lime juice
- ☐ 2 star anise for garnish if you like
- ☐ 0.5 cup sugar

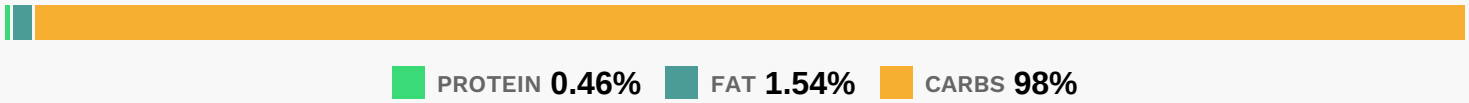
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan, heat sugar with 1/2 cup water and the star anise over high heat until sugar dissolves.
- ☐ Let steep 30 minutes, then strain.
- ☐ Pour 1 tbsp. star anise syrup into a Champagne flute.
- ☐ Add Lemon-Lime Juice and sparkling apple-cranberry juice.
- ☐ Make ahead: Chill syrup up to 2 weeks.
- ☐ Bar Essentials: Have these on hand for mixing great mocktails.
- ☐ Simple Syrup: Equal parts sugar and water, heated until the sugar dissolves. (Your yield will be the same as the amount of water you use.)
- ☐ Lemon-Lime Juice: Equal parts freshly squeezed lemon and lime juice, for adding acidity in a flash.
- ☐ Fresh Lemons, Limes, and Oranges: To make juice, wedges for squeezing or moistening the rim of a glass, or twists of zest for extra citrus aroma.
- ☐ Superfine Sugar: Dissolves easily and makes a nice garnish on the rim of a glass.
- ☐ Fresh Herbs: Basil, mint, and tarragon add complexity, texture, and visual appeal.
- ☐ Purchased Ice: For a big party, it's hard to make enough ice at home. Besides cooling, ice helps blend flavors in the shaker.

Nutrition Facts



Properties

Glycemic Index:115.84, Glycemic Load:75.45, Inflammation Score:-1, Nutrition Score:2.1360869602017%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 452.53kcal (22.63%), Fat: 0.81g (1.25%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 115.88g (38.63%), Net Carbohydrates: 115.28g (41.92%), Sugar: 111.98g (124.42%), Cholesterol: 0mg (0%), Sodium: 6.58mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin C: 6.04mg (7.32%), Manganese: 0.14mg (7.22%), Iron: 0.95mg (5.29%), Potassium: 173.61mg (4.96%), Vitamin B2: 0.05mg (2.83%), Magnesium: 10.8mg (2.7%), Calcium: 25.94mg (2.59%), Vitamin B1: 0.04mg (2.44%), Fiber: 0.6g (2.4%), Copper: 0.04mg (2.21%), Vitamin B6: 0.04mg (2.05%), Phosphorus: 19.58mg (1.96%), Selenium: 0.84µg (1.2%), Zinc: 0.15mg (1.02%)