



Thanksgiving Sparkler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



5

CALORIES



316 kcal

SIDE DISH

Ingredients



5 servings club soda chilled



2 tablespoons mulling spices



2 cups sugar

Equipment



bowl



sauce pan

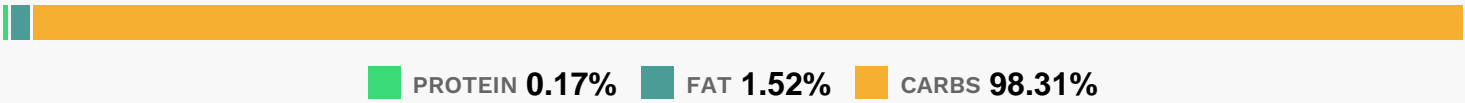


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Directions

- ☐ Stir together sugar, spices, and 1 cup water in a large saucepan; bring to a boil over medium-high heat. Reduce heat to low, and simmer 20 minutes.
- ☐ Remove from heat, and let cool 30 minutes or until completely cool.
- ☐ Pour through a wire-mesh strainer into a bowl; discard spices.
- ☐ Stir 1 to 2 Tbsp. spiced syrup into a glass of sparkling wine, sparkling water, or club soda. Repeat procedure with remaining syrup.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:55.85, Inflammation Score:1, Nutrition Score:1.4356521730838%

Nutrients (% of daily need)

Calories: 316.21kcal (15.81%), Fat: 0.56g (0.86%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 81.34g (27.11%), Net Carbohydrates: 80.99g (29.45%), Sugar: 80.03g (88.92%), Cholesterol: 0mg (0%), Sodium: 2.26mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Manganese: 0.38mg (19.17%), Iron: 0.51mg (2.85%), Calcium: 17.22mg (1.72%), Fiber: 0.36g (1.42%), Vitamin B2: 0.02mg (1.09%)