

Cranberry Cheer

Scripps Treasure Coast Newspapers

Servings: 4

*1 cup sugar
2 sticks cinnamon
2 whole star anise
3 green cardamom pods
1 cup fresh cranberries
6 ounces whiskey
2 ounces fresh lime juice
seltzer water
lime slices (for garnish)*

In a small pot over medium heat, stir the sugar in one cup of water until dissolved to create simple syrup. Reserve 1/4 cup.

Place the spices on an eight-inch-square piece of cheesecloth and secure with twine to create a sachet. Crush the spices lightly.

Add the sachet and cranberries to the simple syrup. Bring to a boil. Reduce the heat and cook for 3 minutes. Remove from the heat and discard the sachet.

In a shaker, mix four teaspoons of the cranberry mixture, whiskey, lime juice, simple syrup and ice.

Pour into four glasses with ice.

Top each with a splash of seltzer and garnish with lime.

Per Serving (excluding unknown items): 327 Calories; 1g Fat (2.6% calories from fat); 1g Protein; 59g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Fat; 3 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	327	Vitamin B6 (mg):	trace
% Calories from Fat:	2.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.4%	Riboflavin B2 (mg):	trace

Total Fat (g): 1g
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 59g
Dietary Fiber (g): 3g
Protein (g): 1g
Sodium (mg): 3mg
Potassium (mg): 100mg
Calcium (mg): 67mg
Iron (mg): 3mg
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 22IU
Vitamin A (r.e.): 2RE

Folacin (mcg): 3mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 98
% Refuse: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 3 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 327 **Calories from Fat:** 8

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	59g	20%
Dietary Fiber	3g	14%
Protein	1g	
<hr/>		
Vitamin A		0%
Vitamin C		15%
Calcium		7%
Iron		15%

* Percent Daily Values are based on a 2000 calorie diet.