

# Ginger-Saffron Sparkler

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*www.dashrecipes.com*

## Servings: 1

*1/2 cup honey*

*1/2 cup water*

*1 knob (four inch) ginger, peeled and chopped*

*1 large pinch saffron*

*2 tablespoons gin*

*sparkling wine*

*squeeze lemon*

*twist of lemon (for garnish)*

In a saucepan, combine the honey and water and bring to a simmer.

Add the ginger and saffron, crumbling it between your fingers. Let cool completely; strain.

To make one cocktail: shake one tablespoon of the ginger-saffron syrup with gin in a shaker filled of ice.

Strain into a flute and top with sparkling wine and a squeeze of lemon.

Garnish with a twist, if desired.

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Per Serving (excluding unknown items): 614 Calories; trace Fat (0.7% calories from fat); 1g Protein; 145g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat; 9 1/2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	614
<b>% Calories from Fat:</b>	0.7%
<b>% Calories from Carbohydrates:</b>	98.5%
<b>% Calories from Protein:</b>	0.8%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	145g

<b>Vitamin B6 (mg):</b>	.1mg
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	0mg
<b>Riboflavin B2 (mg):</b>	.1mg
<b>Folacin (mcg):</b>	7mcg
<b>Niacin (mg):</b>	1mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	73
<b>% Refuse:</b>	0.0%

### Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 16mg  
**Potassium (mg):** 197mg  
**Calcium (mg):** 21mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 19IU  
**Vitamin A (r.e.):** 2RE

**Grain (Starch):** 1/2  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 9 1/2

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## Nutrition Facts

Servings per Recipe: 1

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### Amount Per Serving

**Calories** 614 **Calories from Fat:** 4

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#### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	16mg	1%
<b>Total Carbohydrates</b>	145g	48%
Dietary Fiber	1g	4%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		5%
<b>Calcium</b>		2%
<b>Iron</b>		9%

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