



Absolute Best Pancake Syrup

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup butter
- 1 cup buttermilk
- 1 tablespoon plus
- 0.3 teaspoon ground cinnamon
- 1 cup sugar
- 1 tablespoon vanilla extract

Equipment

sauce pan

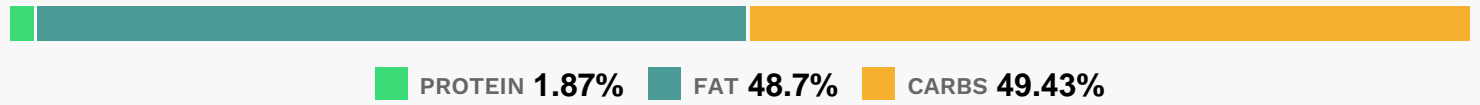
whisk

Directions

Bring butter, sugar, buttermilk, vanilla extract, corn syrup, and cinnamon to a simmer in a large saucepan over medium-high heat. Once simmering, whisk in baking soda, and cook for 10 seconds before removing from heat.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:14.65, Inflammation Score:-2, Nutrition Score:1.3191304258678%

Nutrients (% of daily need)

Calories: 183.35kcal (9.17%), Fat: 10.07g (15.49%), Saturated Fat: 6.29g (39.31%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 22.97g (8.35%), Sugar: 22.99g (25.55%), Cholesterol: 27.04mg (9.01%), Sodium: 154.59mg (6.72%), Alcohol: 0.45g (100%), Alcohol %: 0.96% (100%), Protein: 0.87g (1.74%), Vitamin A: 323.38IU (6.47%), Calcium: 31.45mg (3.15%), Vitamin B2: 0.05mg (2.95%), Phosphorus: 23.23mg (2.32%), Vitamin B12: 0.13µg (2.16%), Vitamin D: 0.31µg (2.08%), Vitamin E: 0.28mg (1.88%), Selenium: 1.14µg (1.63%), Potassium: 37.69mg (1.08%), Vitamin B5: 0.1mg (1.04%)