

Agave Maple Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

Ingredients



1 cup agave nectar



3 tablespoons peppermint flavoring to taste

Equipment



bowl

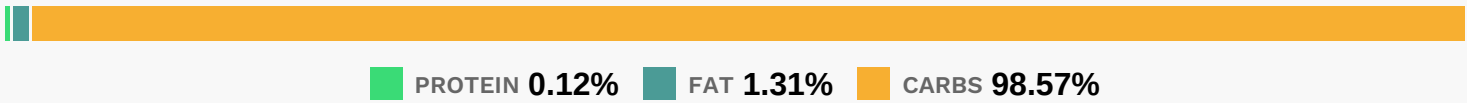
Directions



Put the agave nectar in a small bowl.

- ☐ Add the maple flavor and stir until fully combined. Taste and adjust maple flavor to desired intensity. The syrup can be stored at room temperature, covered tightly, for up to 1 month.
- ☐ Reprinted with permission from Babycakes Covers the Classics by Erin McKenna, © 2011 Clarkson Potter
- ☐ Erin McKenna is the chef and owner of Baby
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:6.29, Inflammation Score:-1, Nutrition Score:2.2499999875284%

Nutrients (% of daily need)

Calories: 170.5kcal (8.52%), Fat: 0.25g (0.38%), Saturated Fat: Og (0%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 41.91g (15.24%), Sugar: 37.4g (41.56%), Cholesterol: Omg (0%), Sodium: 2.2mg (0.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Vitamin K: 12.38µg (11.79%), Vitamin C: 9.35mg (11.33%), Vitamin B6: 0.13mg (6.43%), Vitamin B2: 0.09mg (5.34%), Vitamin B1: 0.07mg (4.47%), Folate: 16.5µg (4.13%), Vitamin E: 0.54mg (3.59%), Vitamin B3: 0.38mg (1.89%), Selenium: 0.94µg (1.34%)