



Apricot Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



3 min.

SERVINGS



10

CALORIES



62 kcal

SIDE DISH

Ingredients



1 teaspoon ground ginger



0.5 cup maple syrup



10 ounce no-sugar-added apricot spread

Equipment



bowl

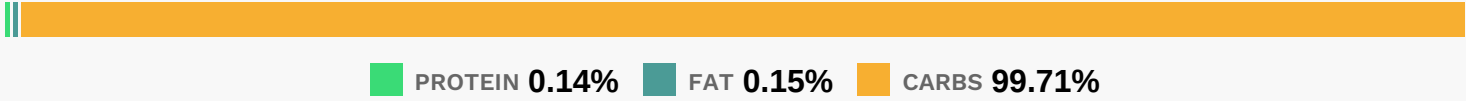


microwave

Directions

☐ Stir together all ingredients in a glass bowl. Microwave mixture at HIGH 1 minute.

Nutrition Facts



Properties

Glycemic Index:3.65, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:1.7460869791229%

Nutrients (% of daily need)

Calories: 61.86kcal (3.09%), Fat: 0.01g (0.01%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 12.74g (4.63%), Sugar: 11.43g (12.7%), Cholesterol: 0mg (0%), Sodium: 1.79mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Manganese: 0.44mg (21.85%), Vitamin B2: 0.2mg (12.05%), Calcium: 17.78mg (1.78%), Potassium: 38.87mg (1.11%)