



## Buttery Maple Syrup



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

### Ingredients

- 1 cup brown sugar
- 1 tablespoon butter
- 1 teaspoon maple-flavored extract
- 0.8 cup water
- 0.5 cup sugar white



### Equipment

- sauce pan

## Directions

- Heat brown sugar, water, white sugar, butter, and maple extract in a saucepan over medium-high heat; boil until thickened, about 3 minutes.

## Nutrition Facts

 PROTEIN **0.11%**  FAT **7.68%**  CARBS **92.21%**

## Properties

Glycemic Index:15.01, Glycemic Load:8.73, Inflammation Score:0, Nutrition Score:0.45826087268474%

## Nutrients (% of daily need)

Calories: 165.17kcal (8.26%), Fat: 1.46g (2.25%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 39.43g (14.34%), Sugar: 39.15g (43.5%), Cholesterol: 3.76mg (1.25%), Sodium: 20.19mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Calcium: 24.04mg (2.4%), Iron: 0.2mg (1.12%), Potassium: 37.24mg (1.06%)