



Caramel Eggnog Syrup



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup eggnog
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon vanilla extract pure

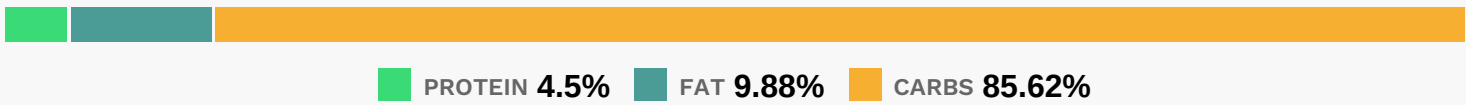
Equipment

- ☐ sauce pan

Directions

- ☐ Place butter, sugar and eggnog into a medium saucepan over medium heat. Stir until bubbly, about 3–5 minutes. Once bubbly add baking soda and vanilla stirring. Syrup will foam up doubling it's size.
- ☐ Remove from heat and let cool for 5 minutes stirring occasionally.
- ☐ Transfer to a serving dish.
- ☐ Drizzle over pancakes

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:18.86, Inflammation Score:-1, Nutrition Score:1.2617391185916%

Nutrients (% of daily need)

Calories: 125.63kcal (6.28%), Fat: 1.41g (2.17%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 27.52g (10.01%), Sugar: 27.57g (30.63%), Cholesterol: 18.73mg (6.24%), Sodium: 291.04mg (12.65%), Alcohol: 0.17g (100%), Alcohol %: 0.37% (100%), Protein: 1.44g (2.89%), Calcium: 41.58mg (4.16%), Vitamin B2: 0.07mg (3.86%), Phosphorus: 34.64mg (3.46%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.14µg (2.38%), Selenium: 1.49µg (2.12%), Potassium: 53.63mg (1.53%), Magnesium: 6.09mg (1.52%), Vitamin B5: 0.13mg (1.33%), Vitamin A: 65.4IU (1.31%)