



Cider Syrup



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



287 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups unfiltered apple cider
- ☐ 2 teaspoons cider vinegar
- ☐ 0.8 cup brown sugar light packed
- ☐ 3 tablespoons butter unsalted

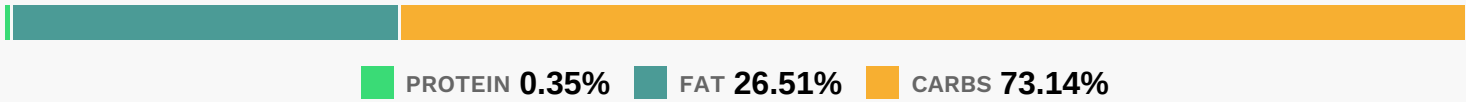
Equipment

- ☐ sauce pan

Directions

☐ Boil ingredients with 1/8 teaspoon salt in a small heavy saucepan until reduced to 1 cup, 25 to 30 minutes. Cool to warm.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:5.35, Inflammation Score:-2, Nutrition Score:1.8878260747246%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 286.84kcal (14.34%), Fat: 8.67g (13.34%), Saturated Fat: 5.42g (33.87%), Carbohydrates: 53.83g (17.94%), Net Carbohydrates: 53.59g (19.49%), Sugar: 51.38g (57.09%), Cholesterol: 22.58mg (7.53%), Sodium: 17.55mg (0.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Manganese: 0.12mg (6.02%), Vitamin A: 263.58IU (5.27%), Potassium: 178.39mg (5.1%), Calcium: 46.37mg (4.64%), Magnesium: 9.95mg (2.49%), Iron: 0.44mg (2.45%), Vitamin B6: 0.04mg (1.92%), Copper: 0.04mg (1.77%), Vitamin E: 0.26mg (1.7%), Vitamin B1: 0.03mg (1.69%), Vitamin B2: 0.02mg (1.39%), Vitamin C: 1.06mg (1.29%), Phosphorus: 12.63mg (1.26%), Vitamin B5: 0.12mg (1.24%), Vitamin D: 0.16µg (1.05%), Selenium: 0.72µg (1.03%)