

# Cinnamon Cream Syrup

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

## Ingredients

- 3 tablespoons brown sugar
- 5 tablespoons butter
- 0.5 teaspoon ground cinnamon
- 1 cup cup heavy whipping cream
- 0.5 teaspoon maple extract flavored

## Equipment

- sauce pan
- whisk

## Directions

- In a small saucepan, melt butter over medium heat. Stir in cream, brown sugar, maple extract and cinnamon. Cook, whisking constantly, until sugar dissolves and mixture thickens slightly, about 3 to 4 minutes.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:3.380869558324%

## Nutrients (% of daily need)

Calories: 362.59kcal (18.13%), Fat: 35.68g (54.88%), Saturated Fat: 22.68g (141.76%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 10.6g (3.85%), Sugar: 10.48g (11.65%), Cholesterol: 104.86mg (34.95%), Sodium: 131.13mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin A: 1312.71IU (26.25%), Vitamin B2: 0.12mg (6.94%), Vitamin E: 0.96mg (6.39%), Vitamin D: 0.95µg (6.35%), Calcium: 53.44mg (5.34%), Phosphorus: 39.23mg (3.92%), Vitamin K: 3.21µg (3.05%), Selenium: 2.08µg (2.97%), Manganese: 0.05mg (2.5%), Potassium: 73.77mg (2.11%), Vitamin B12: 0.13µg (2.08%), Vitamin B5: 0.18mg (1.84%), Magnesium: 5.47mg (1.37%), Vitamin B6: 0.03mg (1.27%), Zinc: 0.17mg (1.11%)