



Cinnamon-Maple Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 2 tablespoons plus light
- ☐ 1 cup maple syrup
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water
- ☐ 2 allspice whole

Equipment

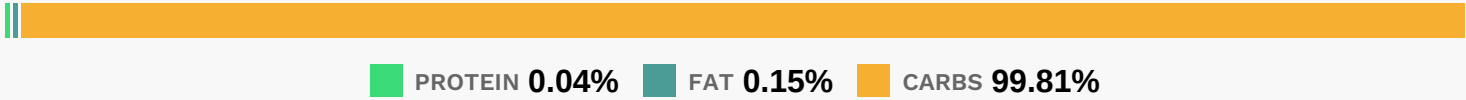
- ☐ sauce pan

Directions

☐

Combine all ingredients in a small saucepan; stir well. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes.

Nutrition Facts



Properties

Glycemic Index:23.43, Glycemic Load:20.09, Inflammation Score:0, Nutrition Score:5.4856520738129%

Nutrients (% of daily need)

Calories: 267.49kcal (13.37%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 68.1g (22.7%), Net Carbohydrates: 68.09g (24.76%), Sugar: 63.89g (70.99%), Cholesterol: 0mg (0%), Sodium: 15.11mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Manganese: 1.25mg (62.37%), Vitamin B2: 0.68mg (40.19%), Calcium: 75.27mg (7.53%), Potassium: 145.72mg (4.16%), Magnesium: 13.14mg (3.28%), Zinc: 0.42mg (2.77%), Vitamin B1: 0.04mg (2.65%), Iron: 0.2mg (1.09%)