



Cinnamon-Rum Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

Ingredients

- 0.8 cup light-colored corn syrup
- 1 teaspoon ground cinnamon
- 1 teaspoon juice of lemon
- 2 teaspoons rum

Equipment

- sauce pan

Directions

- Place corn syrup in a small saucepan, and cook over low heat until thoroughly heated.
- Add remaining ingredients; stir well.
- Serve warm over pancakes.
- Note: Rum or rum extract may be omitted, if desired.

Nutrition Facts

PROTEIN 0.05% **FAT 0.62%** **CARBS 99.33%**

Properties

Glycemic Index:6, Glycemic Load:9.34, Inflammation Score:1, Nutrition Score:0.59913043580625%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 182.45kcal (9.12%), Fat: 0.14g (0.21%), Saturated Fat: 0g (0.01%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 49.32g (17.94%), Sugar: 49.15g (54.61%), Cholesterol: 0mg (0%), Sodium: 39.7mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Manganese: 0.09mg (4.37%), Vitamin B1: 0.04mg (2.54%), Zinc: 0.29mg (1.94%), Calcium: 13.4mg (1.34%), Fiber: 0.27g (1.08%)