



Dutch Honey Syrup

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

Ingredients

- 1 cup sugar
- 1 cup plus
- 1 cup cup heavy whipping cream
- 1 teaspoon vanilla extract

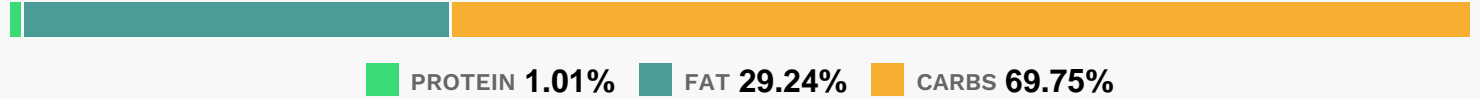
Equipment

- sauce pan

Directions

- In a saucepan, combine sugar, corn syrup and cream. Bring to a boil over medium heat; boil for 5 minutes or until slightly thickened, stirring occasionally. Stir in vanilla.
- Serve warm over pancakes, waffles or French toast.

Nutrition Facts



Properties

Glycemic Index:11.14, Glycemic Load:23.67, Inflammation Score:-2, Nutrition Score:1.4399999959961%

Nutrients (% of daily need)

Calories: 319.47kcal (15.97%), Fat: 10.91g (16.78%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 58.54g (19.51%), Net Carbohydrates: 58.54g (21.29%), Sugar: 58.62g (65.13%), Cholesterol: 33.62mg (11.21%), Sodium: 34.76mg (1.51%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 0.85g (1.69%), Vitamin A: 437.33IU (8.75%), Vitamin B2: 0.06mg (3.6%), Vitamin D: 0.48µg (3.17%), Calcium: 25.48mg (2.55%), Vitamin B1: 0.03mg (2.08%), Selenium: 1.34µg (1.92%), Vitamin E: 0.27mg (1.82%), Zinc: 0.26mg (1.75%), Phosphorus: 17.28mg (1.73%)