



## Easy Gingerbread Syrup

 Vegetarian  Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



45

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons peppercorns whole black
- 24 stick pieces cinnamon (1 inch)
- 1 cup ginger thinly sliced
- 0.5 cup honey
- 3 quarts water as needed plus more
- 6 cups sugar white
- 2 teaspoons allspice whole
- 2 nutmegs whole coarsely chopped

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## Equipment

pot

cheesecloth

## Directions

Place ginger, cinnamon sticks, allspice, peppercorns, nutmeg, and cloves together in a cheesecloth pouch or a large tea bag infuser.

Combine water and spice bag in a large pot; bring to a boil. Boil, adding more water as necessary as water evaporates, until flavors are blended and 6 to 8 cups of liquid remain, about 45 minutes.

Remove spice bag; when cool enough to handle, squeeze any excess liquid back into the pot.

Stir sugar and honey into spiced water; continue boiling until desired syrup consistency is reached, 1 to 2 hours.

Transfer to clean bottles or jars to store.

## Nutrition Facts

 PROTEIN **0.49%**  FAT **1.04%**  CARBS **98.47%**

## Properties

Glycemic Index:4.21, Glycemic Load:20.35, Inflammation Score:-1, Nutrition Score:1.4699999858504%

## Nutrients (% of daily need)

Calories: 121.5kcal (6.08%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 30.69g (11.16%), Sugar: 29.78g (33.09%), Cholesterol: 0mg (0%), Sodium: 4.24mg (0.18%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Manganese: 0.37mg (18.32%), Fiber: 1.14g (4.55%), Calcium: 23.75mg (2.37%), Copper: 0.03mg (1.41%), Iron: 0.23mg (1.29%)