



Elderflower, lemon & vanilla cordial



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



1

CALORIES



3969 kcal

SIDE DISH

Ingredients



1 kg sugar



2 optional: lemon organic halved plus a strip of peel



1 vanilla pod



1 tbsp citric acid



40 frangelico fresh rinsed



40 frangelico fresh rinsed

Equipment



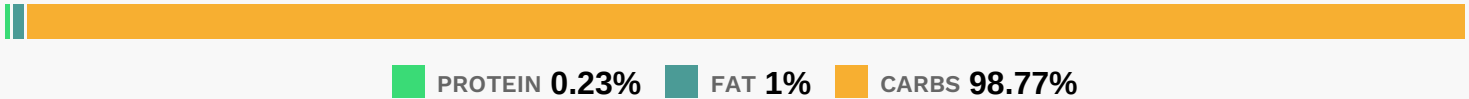
frying pan

- ☐ whisk
- ☐ sieve

Directions

- ☐ Fill a large pan with 2 litres water.
- ☐ Add the sugar, lemons, vanilla pod and powder, and bring slowly to the boil. Boil rapidly until the mixture has reduced by half, then remove from the heat.
- ☐ Add the elderflowers to the pan and stir gently. Leave to cool completely, then pass through a sieve lined with muslin into another clean pan.
- ☐ Whisk in the vanilla seeds and store the cordial in sterilised bottles with a strip of peel and the vanilla pod added (see tips below). To make a refreshing drink, use 1 part cordial to 5 parts iced water.

Nutrition Facts



Properties

Glycemic Index:95.59, Glycemic Load:701.7, Inflammation Score:-1, Nutrition Score:9.7430435393168%

Flavonoids

Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg, Eriodictyol: 46.14mg Hesperetin: 60.26mg, Hesperetin: 60.26mg, Hesperetin: 60.26mg, Hesperetin: 60.26mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Luteolin: 4.1mg, Luteolin: 4.1mg, Luteolin: 4.1mg, Luteolin: 4.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 3969.39kcal (198.47%), Fat: 4.6g (7.07%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 1017.38g (339.13%), Net Carbohydrates: 1011.33g (367.76%), Sugar: 1003.4g (1114.89%), Cholesterol: 0mg (0%), Sodium: 14.32mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin C: 114.48mg (138.76%), Fiber: 6.05g (24.19%), Vitamin B2: 0.23mg (13.72%), Iron: 1.8mg (9.98%), Selenium: 6.86µg (9.81%), Potassium: 318.08mg (9.09%), Vitamin B6: 0.17mg (8.64%), Copper: 0.15mg (7.5%), Calcium: 66.16mg (6.62%), Folate: 23.76µg (5.94%), Vitamin B1: 0.09mg (5.76%), Manganese: 0.1mg (5.24%), Magnesium: 17.28mg (4.32%), Vitamin B5: 0.41mg (4.1%), Phosphorus: 34.56mg (3.46%), Vitamin E: 0.32mg (2.16%), Zinc: 0.23mg (1.53%), Vitamin B3: 0.22mg (1.08%)