



## Mint Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

### Ingredients

- 1 bunch mint leaves fresh ends trimmed
- 2 cups granulated sugar
- 1 cup water

### Equipment

- sauce pan
- sieve

## Directions

- Place all of the ingredients in a small saucepan, stir to combine, and bring to a simmer over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally, until the sugar has completely dissolved and the syrup has slightly thickened, about 5 minutes.
- Remove from the heat and let cool to room temperature, about 1 hour. Strain through a fine-mesh strainer set over a 2-cup container with a tightfitting lid; discard the solids. Cover and refrigerate until ready to use.

## Nutrition Facts

**PROTEIN 0.04%** **FAT 0.74%** **CARBS 99.22%**

## Properties

Glycemic Index:8.76, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.17086956358474%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

## Nutrients (% of daily need)

Calories: 192.85kcal (9.64%), Fat: 0.16g (0.25%), Saturated Fat: 0g (0.01%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 49.83g (18.12%), Sugar: 49.9g (55.44%), Cholesterol: 0mg (0%), Sodium: 2.13mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%)