



Fresh Orange Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

9

CALORIES

calories

161 kcal

SIDE DISH

Ingredients



0.3 cup light-colored corn syrup



9 oranges cut in half



0.8 cup sugar

Equipment



bowl



sauce pan



sieve

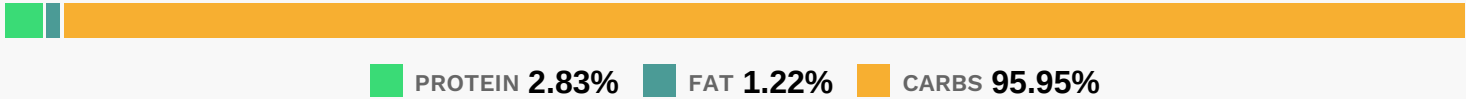


juicer

Directions

- ☐ Using a juicer, extract juice from oranges.
- ☐ Pour juice through a wire-mesh strainer into a bowl; press with back of spoon against sides of strainer to squeeze out 3 1/3 cups juice. Discard pulp and seeds remaining in strainer.
- ☐ Combine juice, sugar, and syrup in a large saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 45 minutes, stirring frequently.
- ☐ Remove from heat, and skim off foam.
- ☐ Let cool. Cover and store in refrigerator up to 10 days.
- ☐ Serve with gingerbread or French toast or in sparkling water.

Nutrition Facts



Properties

Glycemic Index:14.62, Glycemic Load:18.71, Inflammation Score:-6, Nutrition Score:6.9460871012315%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 161.48kcal (8.07%), Fat: 0.24g (0.36%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 38.61g (14.04%), Sugar: 38.58g (42.87%), Cholesterol: 0mg (0%), Sodium: 8mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 39.3µg (9.83%), Vitamin B1: 0.12mg (8.09%), Potassium: 237.57mg (6.79%), Vitamin A: 294.75IU (5.89%), Calcium: 54.21mg (5.42%), Vitamin B6: 0.08mg (3.93%), Magnesium: 13.23mg (3.31%), Vitamin B5: 0.33mg (3.28%), Vitamin B2: 0.06mg (3.27%), Copper: 0.06mg (3.01%), Vitamin B3: 0.37mg (1.85%), Phosphorus: 18.34mg (1.83%), Manganese: 0.03mg (1.67%), Vitamin E: 0.24mg (1.57%), Selenium: 0.84µg (1.2%)