



Fresh Strawberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



10

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 1 quart strawberries fresh sliced
- ☐ 0.5 cup sugar

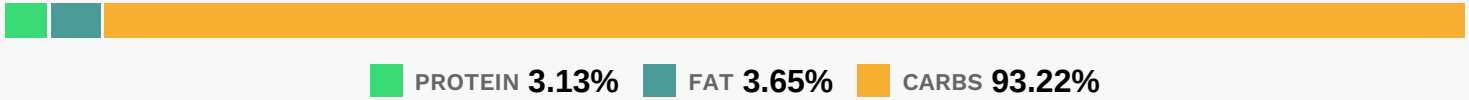
Equipment

- ☐ sauce pan

Directions

☐ Combine all ingredients in a saucepan, and let stand 30 minutes or until sugar dissolves. Cook over low heat, stirring occasionally, 5 minutes or until warm.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:9.13, Inflammation Score:-4, Nutrition Score:5.6160869047694%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg, Pelargonidin: 23.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 87.15kcal (4.36%), Fat: 0.33g (0.51%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 17.26g (6.28%), Sugar: 16.51g (18.34%), Cholesterol: 0mg (0%), Sodium: 1.52mg (0.07%), Alcohol: 1.53g (100%), Alcohol %: 1.76% (100%), Protein: 0.64g (1.29%), Vitamin C: 55.92mg (67.78%), Manganese: 0.37mg (18.33%), Fiber: 1.91g (7.66%), Folate: 22.77µg (5.69%), Potassium: 147.19mg (4.21%), Magnesium: 12.52mg (3.13%), Copper: 0.05mg (2.43%), Phosphorus: 23.11mg (2.31%), Vitamin B6: 0.04mg (2.24%), Iron: 0.4mg (2.21%), Vitamin K: 2.08µg (1.98%), Vitamin B3: 0.38mg (1.88%), Vitamin E: 0.27mg (1.83%), Calcium: 15.62mg (1.56%), Vitamin B1: 0.02mg (1.55%), Vitamin B2: 0.02mg (1.39%), Vitamin B5: 0.12mg (1.19%)