



Fruit in Lemon-Verbena Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 6 inch lemon verbena fresh
- ☐ 2 tablespoons juice of lemon fresh to taste
- ☐ 8 servings accompaniment: cassis sorbet
- ☐ 1.3 cups sugar
- ☐ 1.3 cups water

Equipment

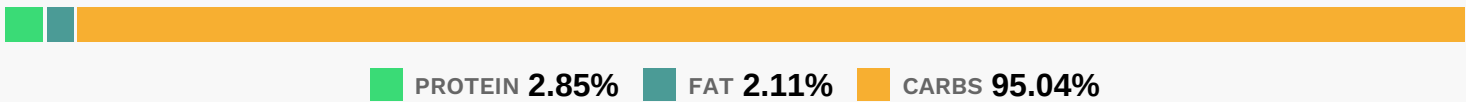
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Put fruit in a large bowl and gently toss with 1/2 cup sugar, then let stand 20 minutes.
- ☐ Rub verbena sprigs in your hands to bruise leaves and stems, then combine with water and remaining 3/4 cup sugar in a 2-quart heavy saucepan. Bring to a boil, stirring until sugar is dissolved. Simmer 1 minute, then remove from heat and let steep, covered, 5 minutes.
- ☐ Stir lemon juice into warm syrup and pour through a medium-mesh sieve over fruit. Discard verbena sprigs and gently stir fruit.
- ☐ Let macerate at room temperature 30 minutes to 1 hour.
- ☐ Divide among 8 soup plates.
- ☐ ·Do not use black currants or green gooseberries for this recipe, because they are too tart to eat raw.·Fruit can be macerated, covered and chilled, up to 6 hours.

Nutrition Facts



Properties

Glycemic Index:11.95, Glycemic Load:21.85, Inflammation Score:1, Nutrition Score:0.53956522533427%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 224.61kcal (11.23%), Fat: 0.53g (0.81%), Saturated Fat: 0g (0.01%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 52.08g (18.94%), Sugar: 47.1g (52.33%), Cholesterol: 0mg (0%), Sodium: 57.85mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Fiber: 1.64g (6.57%), Vitamin C: 2.46mg (2.98%)