



Ginger-Hibiscus Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



5

CALORIES



88 kcal

SIDE DISH

Ingredients

- 7 cardamom pods crushed
- 1 tablespoon hibiscus flowers dried
- 2 tablespoons ginger peeled finely chopped
- 0.5 cup sugar
- 0.5 cup water

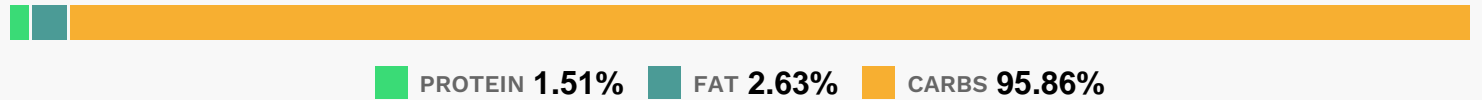
Equipment

- sauce pan
- sieve

Directions

- Bring sugar, water, cardamom, ginger, and dried hibiscus flowers to a boil in a small saucepan over medium–high heat, stirring often; boil 2 minutes. Cover and let stand 10 minutes.
- Pour through a fine wire–mesh strainer, discarding solids. Store chilled in airtight container up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:14.09, Inflammation Score:-1, Nutrition Score:2.4439130976148%

Nutrients (% of daily need)

Calories: 87.95kcal (4.4%), Fat: 0.27g (0.42%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 21.49g (7.82%), Sugar: 20.01g (22.23%), Cholesterol: 0mg (0%), Sodium: 2.37mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Manganese: 0.79mg (39.56%), Fiber: 0.84g (3.36%), Iron: 0.42mg (2.34%), Magnesium: 7.94mg (1.99%), Zinc: 0.22mg (1.49%), Potassium: 43.94mg (1.26%), Calcium: 12.32mg (1.23%), Copper: 0.02mg (1.11%)