



Ginger-Honey Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup ginger fresh chopped
- ☐ 1.5 cups honey
- ☐ 1 tablespoon lime zest finely minced
- ☐ 1 cup water

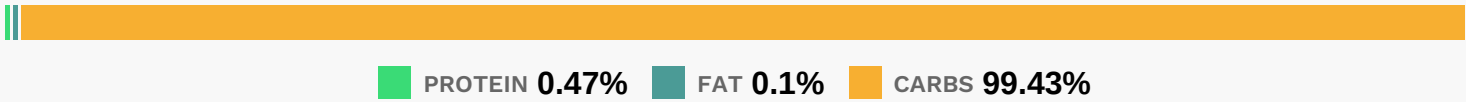
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine all ingredients in a small saucepan. Bring to a boil over medium-high heat; reduce heat, and simmer 2 minutes.
- ☐ Remove from heat; let stand 1 hour. Strain mixture through a fine wire-mesh strainer, discarding solids. Store in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.41, Glycemic Load:27.4, Inflammation Score:1, Nutrition Score:0.72739130955027%

Flavonoids

Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 195.85kcal (9.79%), Fat: 0.02g (0.04%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 52.99g (17.66%), Net Carbohydrates: 52.78g (19.19%), Sugar: 52.25g (58.05%), Cholesterol: 0mg (0%), Sodium: 4.43mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Manganese: 0.06mg (2.89%), Copper: 0.03mg (1.74%), Iron: 0.29mg (1.61%), Vitamin B2: 0.03mg (1.49%), Potassium: 46.27mg (1.32%), Zinc: 0.15mg (1.03%), Vitamin B6: 0.02mg (1.02%)