



Ginger-Lime Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



247 kcal

SIDE DISH

Ingredients



1 cup ginger peeled coarsely chopped



1.5 tablespoons lime zest (3 limes)



1.5 cups sugar



2 cups water

Equipment



food processor



sauce pan

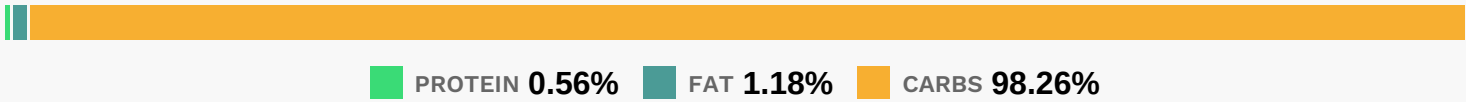


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Directions

- ☐ Process sugar, ginger, and lime zest in a food processor 15 seconds.
- ☐ Transfer to a small saucepan, and stir in water. Cook over medium heat 10 minutes.
- ☐ Remove from heat, and let stand 10 minutes.
- ☐ Pour through a fine wire-mesh strainer, discarding solids.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:42.38, Inflammation Score:-1, Nutrition Score:0.97608695284504%

Flavonoids

Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 246.9kcal (12.35%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 63.36g (21.12%), Net Carbohydrates: 62.93g (22.88%), Sugar: 60.24g (66.93%), Cholesterol: 0mg (0%), Sodium: 7.86mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Copper: 0.06mg (3.2%), Potassium: 82.72mg (2.36%), Magnesium: 9.31mg (2.33%), Manganese: 0.05mg (2.33%), Vitamin C: 1.48mg (1.8%), Fiber: 0.43g (1.74%), Vitamin B6: 0.03mg (1.57%), Vitamin B2: 0.02mg (1.08%)