



Grapefruit-Honey Syrup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



102 kcal

SIDE DISH

Ingredients

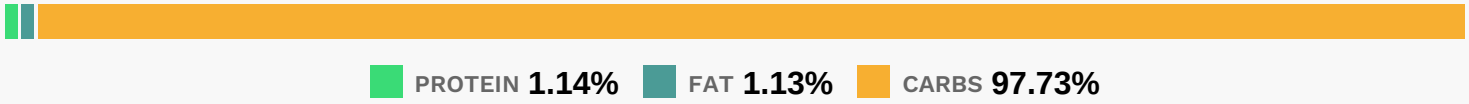
- ☐ 0.8 cup grapefruit juice fresh
- ☐ 0.5 cup honey
- ☐ 1 rind from lime cut into strips
- ☐ 3 strips grapefruit rind (2- x 4-inch)
- ☐ 15 mint sprigs fresh
- ☐ 0.5 cup sugar
- ☐ 1.5 cups water

Equipment

Directions

- ☐
- Boil sugar and water, stirring often, 2 to 3 minutes or until sugar dissolves.
- ☐
- Remove from heat; add grapefruit juice and remaining ingredients, and cool completely. Cover and chill 24 hours. Strain syrup; discard solids.

Nutrition Facts



Properties

Glycemic Index:20.24, Glycemic Load:15.36, Inflammation Score:-1, Nutrition Score:1.0691304223045%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 3.03mg, Hesperetin: 3.03mg, Hesperetin: 3.03mg, Hesperetin: 3.03mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 101.99kcal (5.1%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 26.46g (9.62%), Sugar: 25.96g (28.84%), Cholesterol: 0.21mg (0.07%), Sodium: 3.71mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 7.27mg (8.82%), Manganese: 0.03mg (1.61%), Potassium: 53.87mg (1.54%), Iron: 0.27mg (1.5%), Fiber: 0.36g (1.44%), Vitamin A: 68.31IU (1.37%), Copper: 0.02mg (1.1%), Magnesium: 4.12mg (1.03%)