



## Hayley's Homemade Lemon Cordial

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



20

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 teaspoons cream of tartar
- 1 teaspoon lemon extract
- 2 cups water
- 2 cups sugar white

### Equipment

- sauce pan

## Directions

- In a saucepan combine sugar, water and cream of tartar.
- Heat until sugar is dissolved but don't boil.
- Remove from heat.
- Add lemon essence and let mixture cool.

## Nutrition Facts

**PROTEIN 0%** **FAT 0.71%** **CARBS 99.29%**

## Properties

Glycemic Index:3.5, Glycemic Load:13.96, Inflammation Score:1, Nutrition Score:0.09086956764045%

## Nutrients (% of daily need)

Calories: 77.58kcal (3.88%), Fat: 0.06g (0.1%), Saturated Fat: 0g (0%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 20.06g (7.29%), Sugar: 19.96g (22.18%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Potassium: 37.53mg (1.07%)