



## Hibiscus-Infused Simple Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



193 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup sugar
- ☐ 4 hibiscus tea bags (such as The Republic of Tea Hibiscus Superflower Tea)
- ☐ 0.5 cup water

### Equipment

- ☐ sauce pan

### Directions

- ☐
- Combine water and sugar in a small saucepan; bring to a simmer, stirring until sugar is dissolved.
- ☐
- Remove from heat and add hibiscus tea bags; let steep until cool. Strain; cover and keep chilled.
- ☐
- Transfer to an airtight container in the refrigerator for up to a month.

## Nutrition Facts



## Properties

Glycemic Index:35.05, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.10260869554527%

## Nutrients (% of daily need)

Calories: 192.5kcal (9.63%), Fat: 0.16g (0.25%), Saturated Fat: 0g (0%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 49.8g (18.11%), Sugar: 49.9g (55.44%), Cholesterol: 0mg (0%), Sodium: 3.46mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)