

Homemade Pancake Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup brown sugar packed
- 0.5 cup plus light
- 0.5 teaspoon peppermint flavoring
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract
- 0.8 cup water

Equipment

- sauce pan

Directions

- In a saucepan, combine the sugars, water and corn syrup; bring to a boil over medium heat. Boil for 7 minutes or until slightly thickened.
- Remove from the heat; stir in maple flavoring and vanilla. Cool for 15 minutes.
- Serve over pancakes, waffles or French toast.

Nutrition Facts

PROTEIN 0.06% **FAT 0.33%** **CARBS 99.61%**

Properties

Glycemic Index:7.42, Glycemic Load:4.98, Inflammation Score:1, Nutrition Score:0.2573913053164%

Nutrients (% of daily need)

Calories: 108.98kcal (5.45%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 28.57g (10.39%), Sugar: 28.43g (31.59%), Cholesterol: 0mg (0%), Sodium: 13.46mg (0.59%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 0.02g (0.03%), Calcium: 13.76mg (1.38%)