



## Homemade Pomegranate Molasses



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



465 kcal

SIDE DISH

### Ingredients

- 4 cups pomegranate juice
- 0.5 cup sugar
- 2 tablespoons juice of lemon

### Equipment

- sauce pan

### Directions

- pomegranate juice, sugar, lemon to a simmer: In a large, wide, uncovered saucepan, heat pomegranate juice, sugar, and lemon juice on medium high until the sugar has dissolved and the juice simmers.
- Reduce heat just enough to maintain a simmer.
- Reduce to a syrup: Simmer for about an hour, or until the juice has a syrupy consistency, and has reduced to 1 to 1 1/4 cups.
- If you want your pomegranate molasses to be sweeter, add more sugar to taste, while you are cooking it.
- Pour out into a jar.
- Let cool. Store chilled in the refrigerator.

## Nutrition Facts

■ **PROTEIN 0.66%**
■ **FAT 3.06%**
■ **CARBS 96.28%**

### Properties

Glycemic Index:35.05, Glycemic Load:34.91, Inflammation Score:-3, Nutrition Score:10.10913050774%

### Flavonoids

Cyanidin: 11.95mg, Cyanidin: 11.95mg, Cyanidin: 11.95mg, Cyanidin: 11.95mg Delphinidin: 4.03mg, Delphinidin: 4.03mg, Delphinidin: 4.03mg, Delphinidin: 4.03mg Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

### Nutrients (% of daily need)

Calories: 464.72kcal (23.24%), Fat: 1.64g (2.52%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 116.07g (38.69%), Net Carbohydrates: 115.53g (42.01%), Sugar: 113.03g (125.58%), Cholesterol: 0mg (0%), Sodium: 45.47mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin K: 51.79µg (49.33%), Potassium: 1082.17mg (30.92%), Folate: 122.52µg (30.63%), Manganese: 0.48mg (23.85%), Vitamin B5: 1.44mg (14.39%), Vitamin E: 1.91mg (12.77%), Vitamin B6: 0.21mg (10.31%), Magnesium: 35.76mg (8.94%), Vitamin C: 6.3mg (7.64%), Vitamin B3: 1.17mg (5.87%), Calcium: 56.18mg (5.62%), Phosphorus: 55.98mg (5.6%), Copper: 0.11mg (5.52%), Vitamin B1: 0.08mg (5.22%), Vitamin B2: 0.09mg (5.09%), Zinc: 0.46mg (3.07%), Iron: 0.54mg (2.97%), Selenium: 1.81µg (2.58%), Fiber: 0.54g (2.17%)