



## Honey-Mint Syrup

 Vegetarian  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 1 tablespoon mint leaves fresh chopped
- 0.3 cup honey
- 1 cup torn mint fresh
- 0.8 cup sugar

### Equipment

- sauce pan

## Directions

- Combine first 3 ingredients and 1 cup water in a saucepan over medium-high heat. Bring to a boil, stirring until sugar dissolves.
- Remove from heat; cool. Strain and chill until ready to use. Before serving, stir in 1 tablespoon chopped fresh mint.

## Nutrition Facts



## Properties

Glycemic Index:12.24, Glycemic Load:14.11, Inflammation Score:-2, Nutrition Score:0.96956520883933%

## Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg

## Nutrients (% of daily need)

Calories: 87.01kcal (4.35%), Fat: 0.09g (0.15%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 22.25g (8.09%), Sugar: 21.93g (24.36%), Cholesterol: 0mg (0%), Sodium: 2.04mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin A: 212.4IU (4.25%), Manganese: 0.07mg (3.31%), Vitamin C: 1.63mg (1.98%), Fiber: 0.42g (1.67%), Iron: 0.3mg (1.65%), Folate: 5.87µg (1.47%), Calcium: 12.81mg (1.28%), Vitamin B2: 0.02mg (1.14%), Magnesium: 4.17mg (1.04%), Copper: 0.02mg (1.03%)