



## How to Make Herb Infused Simple Syrups

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

### Ingredients

- ☐ 5 basil fresh
- ☐ 8 bay leaves
- ☐ 1 large handful mint leaves fresh
- ☐ 4 rosemary leaves fresh (5–7 inches long)
- ☐ 1 cup sugar
- ☐ 6 thyme sprigs fresh (3–4 inches long)
- ☐ 1 cup water

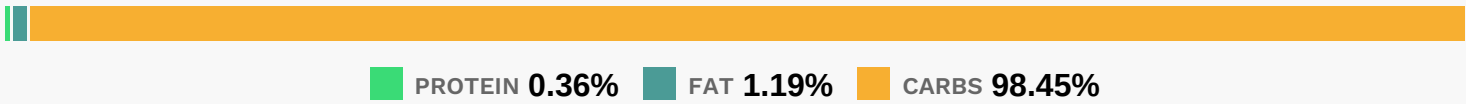
### Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth
- ☐ funnel

## Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ How to Make Herb Infused Simple Syrups
- ☐ Ingredients1 cup water1 cup sugar
- ☐ Herbal Flavor Options
- ☐ Choose 1 herb per batch of Simple Syrup:5 fresh basil sprigs (5–7 inches long), about 1.5 oz.4 fresh rosemary sprigs (5–7 inches long), about .5 oz.1 large handful fresh mint sprigs, about 1.5 oz.6 fresh thyme sprigs (3–4 inches long), about .5 oz.8 bay leaves
- ☐ You will also need
- ☐ Small saucepan, fine mesh strainer or cheesecloth, funnel, 8 ounce glass bottle or jar with tight fitting lid
- ☐ Total Time: 35 Minutes
- ☐ Servings: 1 cup herb infused simple syrup
- ☐ Kosher Key: Pareve

## Nutrition Facts



## Properties

Glycemic Index:46.27, Glycemic Load:34.98, Inflammation Score:-8, Nutrition Score:1.2073913027897%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.83mg, Luteolin:

0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg

Nutrients (% of daily need)

Calories: 196.77kcal (9.84%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 50.69g (16.9%), Net Carbohydrates: 50.19g (18.25%), Sugar: 49.9g (55.45%), Cholesterol: 0mg (0%), Sodium: 4.23mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Vitamin C: 3.12mg (3.78%), Vitamin A: 181.73IU (3.63%), Manganese: 0.07mg (3.56%), Iron: 0.51mg (2.81%), Vitamin K: 2.08µg (1.98%), Fiber: 0.49g (1.97%), Calcium: 16.5mg (1.65%), Copper: 0.03mg (1.52%), Magnesium: 5.26mg (1.32%), Vitamin B2: 0.02mg (1.29%)