



Lavender Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

- 0.3 cup lavender blossoms fresh
- 2 cups sugar
- 1 cup water

Equipment

- sauce pan

Directions

- Bring all ingredients to a simmer in a saucepan, stirring until sugar dissolves.
- Remove from heat, and cool. Cover and store in refrigerator.
- Lavender Sparkler: Stir 1 to 2 tablespoons Lavender Syrup into a glass of sparkling wine.
- Lavender Iced Tea: Stir 2 tablespoons Lavender Syrup into a 12-ounce glass of iced tea.
- Lavender Lemonade: Stir 2 tablespoons Lavender Syrup into a 12-ounce glass of lemonade.

Nutrition Facts

PROTEIN 0.13% **FAT 1.01%** **CARBS 98.86%**

Properties

Glycemic Index:8.76, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.2439130415897%

Nutrients (% of daily need)

Calories: 195.87kcal (9.79%), Fat: 0.23g (0.35%), Saturated Fat: 0g (0%), Carbohydrates: 50.56g (16.85%), Net Carbohydrates: 50.56g (18.38%), Sugar: 49.9g (55.44%), Cholesterol: 0mg (0%), Sodium: 1.98mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Calcium: 16.51mg (1.65%)