



Lemon-Ginger Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.7 cup honey
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest

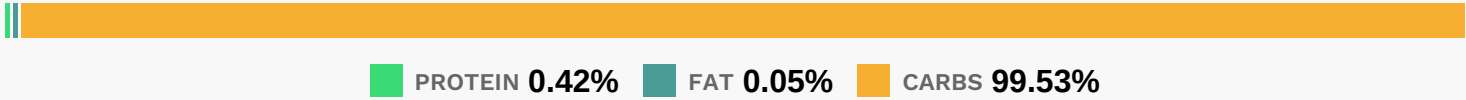
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together all ingredients in a small bowl. Cover and let stand 2 hours.
- ☐ Whisk before serving. Store in an airtight container at room temperature 3 to 5 days.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:19.42, Inflammation Score:1, Nutrition Score:0.60043477971593%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 138.23kcal (6.91%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.02%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 37.29g (13.56%), Sugar: 37.16g (41.29%), Cholesterol: 0mg (0%), Sodium: 1.89mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Manganese: 0.07mg (3.48%), Vitamin C: 1.45mg (1.76%), Iron: 0.22mg (1.2%), Vitamin B2: 0.02mg (1.06%)