



## Lemon Grass Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



160 kcal

SIDE DISH

### Ingredients

- 2 stalks lemon grass fresh (12-inch)
- 1 pinch salt
- 1 cup sugar

### Equipment

- sauce pan

### Directions

- Combine sugar, salt, and 3/4 cup water in a small saucepan over medium-high heat. Bring to a boil, stirring occasionally, until sugar dissolves.
- Remove from heat.
- Trim both ends of lemon grass stalks, and remove coarse outside leaves.
- Cut into 3-inch pieces, and crush to break up fibers.
- Place lemon grass in sugar mixture, and let stand 30 minutes.
- Transfer to a glass container; cover and chill overnight. Strain syrup, discarding lemon grass. (May be made up to 1 week ahead.)

## Nutrition Facts

**PROTEIN 0.26%**

**FAT 0.85%**

**CARBS 98.89%**

### Properties

Glycemic Index:14.02, Glycemic Load:27.92, Inflammation Score:1, Nutrition Score:1.1804347799524%

### Nutrients (% of daily need)

Calories: 159.94kcal (8%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 41.36g (15.04%), Sugar: 39.92g (44.36%), Cholesterol: 0mg (0%), Sodium: 8.51mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Manganese: 0.32mg (15.75%), Iron: 0.51mg (2.83%), Potassium: 44.18mg (1.26%), Folate: 4.5µg (1.13%)