



Lemon-Vanilla Sugar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

Ingredients



2 tablespoons lemon rind grated



2 cups sugar



4 inch vanilla pod split

Equipment

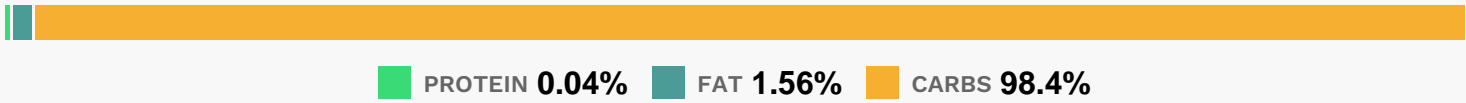


bowl

Directions

Combine sugar and lemon rind in a bowl. Scrape vanilla bean seeds into sugar mixture; stir well. Store in an airtight container in refrigerator; stir well before each use. Stir into lemonade or hot tea, or use as a substitute for sugar in a favorite bread recipe.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:27.92, Inflammation Score:1, Nutrition Score:0.18913043387558%

Nutrients (% of daily need)

Calories: 156.95kcal (7.85%), Fat: 0.28g (0.44%), Saturated Fat: 0g (0%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 40.16g (14.6%), Sugar: 39.97g (44.41%), Cholesterol: 0mg (0%), Sodium: 0.47mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin C: 1.55mg (1.88%)