



Lemon Verbena Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



637 kcal

SIDE DISH

Ingredients

- 20 optional: lemon fresh
- 1.7 cups sugar
- 2 cups water

Equipment

- frying pan
- sauce pan
- sieve

Directions

- In a medium saucepan set over medium heat, bring the water and sugar to a boil.
- Add the lemon verbena leaves and cover the pan. Steep for 15 minutes.
- Strain the syrup through a fine-mesh strainer, discard the leaves, and let cool. Store the syrup in an airtight container in the refrigerator for up to 4 days.
- Cherry Verbena Soda
- For one drink, fill a tall glass with ice.
- Add 1 tablespoon of the Lemon Verbena Syrup, 2 tablespoons of Sour Cherry Syrup, and a few dashes of acid phosphate or lemon juice or citric acid solution. Top with seltzer and mix gently.
- Garnish with lemon verbena leaves and maraschino cherries, if desired.
- Tell Me About Lemon Verbena
- Sometimes called "The Queen of the Lemon-Scented Herbs," lemon verbena was a favorite ingredient in perfumes in late 1700s Europe, and it had a moment of fame in *Gone with the Wind*, as it was Scarlett's mother's favorite plant. The leaves of lemon verbena are great in cooking, as they impart a lemony fragrance and flavor to dishes ranging from broiled fish, to salad dressings, to light desserts. As a beverage, it is used to make herbal tea and is often added to black tea in place of lemon.
- Anton Nocito is the founder of P&H Soda Co., an all-natural soda syrup company located in Brooklyn, New York. Nocito is a graduate of the French Culinary Institute and was an executive sous chef within the Union Square Hospitality Group, as well as other restaurants in New York City and Long Island.

Nutrition Facts



Properties

Glycemic Index:31.86, Glycemic Load:89.54, Inflammation Score:-9, Nutrition Score:18.18652171674%

Flavonoids

Eriodictyol: 153.79mg, Eriodictyol: 153.79mg, Eriodictyol: 153.79mg, Eriodictyol: 153.79mg Hesperetin: 200.88mg, Hesperetin: 200.88mg, Hesperetin: 200.88mg, Hesperetin: 200.88mg Naringenin: 3.96mg, Naringenin: 3.96mg,

Naringenin: 3.96mg, Naringenin: 3.96mg Luteolin: 13.68mg, Luteolin: 13.68mg, Luteolin: 13.68mg, Luteolin: 13.68mg
Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 3.6mg, Myricetin:
3.6mg, Myricetin: 3.6mg, Myricetin: 3.6mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin:
8.21mg

Nutrients (% of daily need)

Calories: 636.58kcal (31.83%), Fat: 2.52g (3.87%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 177.77g (59.26%),
Net Carbohydrates: 157.61g (57.31%), Sugar: 128.89g (143.21%), Cholesterol: 0mg (0%), Sodium: 23.4mg (1.02%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Vitamin C: 381.6mg (462.55%), Fiber: 20.16g
(80.64%), Vitamin B6: 0.58mg (28.8%), Potassium: 995.82mg (28.45%), Iron: 4.38mg (24.31%), Folate: 79.2µg
(19.8%), Calcium: 193.04mg (19.3%), Vitamin B1: 0.29mg (19.2%), Copper: 0.3mg (14.97%), Magnesium: 59.18mg
(14.79%), Vitamin B5: 1.37mg (13.68%), Phosphorus: 115.2mg (11.52%), Manganese: 0.22mg (11.02%), Vitamin B2:
0.17mg (9.71%), Vitamin E: 1.08mg (7.2%), Selenium: 3.55µg (5.07%), Vitamin B3: 0.72mg (3.6%), Vitamin A: 158.4IU
(3.17%), Zinc: 0.46mg (3.06%)