



Light or Dark Brown Sugar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients



1 tablespoon unsulfured molasses



1 cup sugar white

Equipment



mixing bowl



hand mixer

Directions

- ☐
- Combine sugar and molasses in a mixing bowl. Use an electric mixer on medium speed, mixing until molasses is completely incorporated.
- ☐
- Store in an air-tight container.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:36.55, Inflammation Score:-1, Nutrition Score:0.78173913126406%

Nutrients (% of daily need)

Calories: 207kcal (10.35%), Fat: 0.17g (0.25%), Saturated Fat: 0g (0.01%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 53.53g (19.47%), Sugar: 53.63g (59.59%), Cholesterol: 0mg (0%), Sodium: 2.35mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Manganese: 0.08mg (3.92%), Magnesium: 12.1mg (3.03%), Potassium: 74mg (2.11%), Selenium: 1.19µg (1.7%), Vitamin B6: 0.03mg (1.68%), Iron: 0.26mg (1.45%), Copper: 0.03mg (1.39%), Calcium: 10.75mg (1.08%)