



Lime-Basil Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

Ingredients

- 1 large sprig basil fresh
- 1 tablespoon lime zest fresh
- 0.5 cup sugar
- 0.5 cup water

Equipment

- sauce pan

Directions

- Combine water and sugar in a small saucepan. Cook over medium-high heat until sugar dissolves (about 12 minutes).
- Remove from heat, and stir in fresh lime zest and basil sprig. Steep 10 minutes, cool (about an hour), and strain.

Nutrition Facts

PROTEIN 0.1% **FAT 0.77%** **CARBS 99.13%**

Properties

Glycemic Index:43.02, Glycemic Load:17.49, Inflammation Score:-1, Nutrition Score:0.25782608791538%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 96.82kcal (4.84%), Fat: 0.09g (0.13%), Saturated Fat: 0g (0%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 25.02g (9.1%), Sugar: 24.98g (27.75%), Cholesterol: 0mg (0%), Sodium: 1.78mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Vitamin K: 2.08µg (1.98%)