



Maple-Honey-Cinnamon Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 0.1 teaspoon imitation maple flavoring
- ☐ 1 cup sugar
- ☐ 0.5 cup water

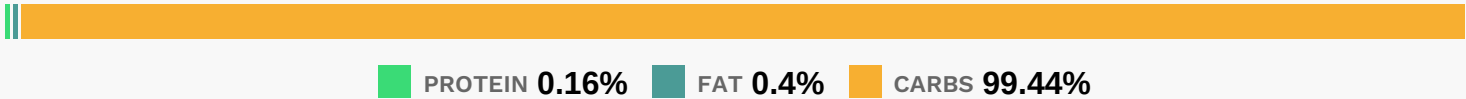
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; bring to a boil.
- ☐ Remove from heat; stir in honey, cinnamon, and maple flavoring.
- ☐ Serve with biscuits, French toast, pancakes, waffles, or nonfat frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:18.19, Glycemic Load:30.35, Inflammation Score:1, Nutrition Score:0.39260869756665%

Nutrients (% of daily need)

Calories: 196.99kcal (9.85%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 51.76g (18.82%), Sugar: 51.72g (57.47%), Cholesterol: 0mg (0%), Sodium: 3.07mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Manganese: 0.05mg (2.38%)