



Maple-Orange Syrup



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



10

CALORIES



119 kcal

SIDE DISH

Ingredients

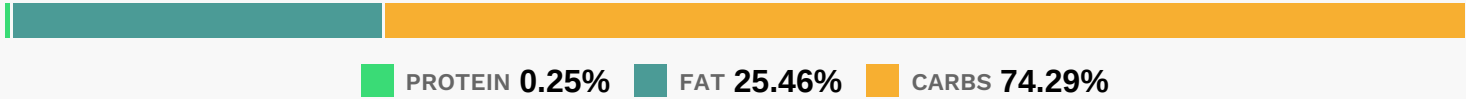
- ☐ 3 tablespoons butter
- ☐ 1 cup maple syrup
- ☐ 3 tablespoons orange juice

Equipment

Directions

- ☐ Heat all ingredients until warm.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:8.19, Inflammation Score:-1, Nutrition Score:3.5334782400371%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 119.43kcal (5.97%), Fat: 3.39g (5.22%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 22.25g (8.09%), Sugar: 19.72g (21.91%), Cholesterol: 0mg (0%), Sodium: 42.56mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Manganese: 0.74mg (37.07%), Vitamin B2: 0.41mg (24.24%), Calcium: 36.92mg (3.69%), Vitamin A: 160.43IU (3.21%), Vitamin C: 2.56mg (3.1%), Potassium: 84.41mg (2.41%), Magnesium: 7.45mg (1.86%), Vitamin B1: 0.03mg (1.75%), Zinc: 0.23mg (1.52%)