



Mint-Infused Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



1176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 quarts mint leaves fresh rinsed (4 bunches)



2 cups sugar



2 cups water

Equipment



frying pan

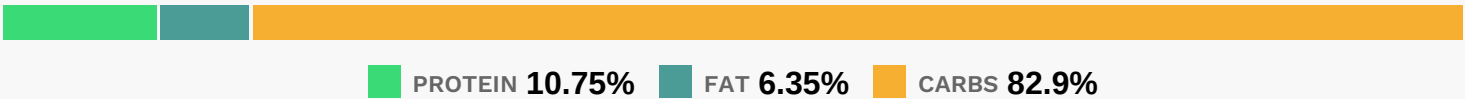


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Directions

- ☐ In a 3- to 4-quart pan, combine 2 cups sugar, 2 cups water, and 3 quarts rinsed fresh mint leaves (about 4 bunches); stir often over medium-low heat just until simmering.
- ☐ Let stand until cool, about 30 minutes.
- ☐ Pour through a fine strainer into a small pitcher. Chill until cold, about 45 minutes.
- ☐ Mixture keeps, covered and chilled, up to seven days.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:93.08, Inflammation Score:-10, Nutrition Score:63.735652369002%

Flavonoids

Eriodictyol: 292.61mg, Eriodictyol: 292.61mg, Eriodictyol: 292.61mg, Eriodictyol: 292.61mg Hesperetin: 96.15mg, Hesperetin: 96.15mg, Hesperetin: 96.15mg, Hesperetin: 96.15mg Apigenin: 51.01mg, Apigenin: 51.01mg, Apigenin: 51.01mg, Apigenin: 51.01mg Luteolin: 119.81mg, Luteolin: 119.81mg, Luteolin: 119.81mg, Luteolin: 119.81mg

Nutrients (% of daily need)

Calories: 1175.78kcal (58.79%), Fat: 9.32g (14.34%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 273.71g (91.24%), Net Carbohydrates: 198g (72%), Sugar: 133.07g (147.85%), Cholesterol: 0mg (0%), Sodium: 302.59mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.49g (70.98%), Vitamin A: 40201.07IU (804.02%), Manganese: 11.13mg (556.72%), Vitamin C: 300.94mg (364.78%), Fiber: 75.71g (302.83%), Folate: 1078.84µg (269.71%), Iron: 48.14mg (267.45%), Calcium: 2305.7mg (230.57%), Magnesium: 758.66mg (189.66%), Copper: 3.15mg (157.4%), Potassium: 5387.42mg (153.93%), Vitamin B2: 2.54mg (149.57%), Vitamin B3: 16.14mg (80.72%), Zinc: 10.53mg (70.22%), Phosphorus: 690.84mg (69.08%), Vitamin B6: 1.22mg (61.04%), Vitamin B1: 0.78mg (51.73%), Vitamin B5: 3.2mg (31.99%), Selenium: 0.8µg (1.14%)