

Mint-Lime Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



14 kcal

SIDE DISH

Ingredients

- 0.3 cup mint leaves fresh chopped
- 6 inch lime zest
- 1 serving simple syrup glaze

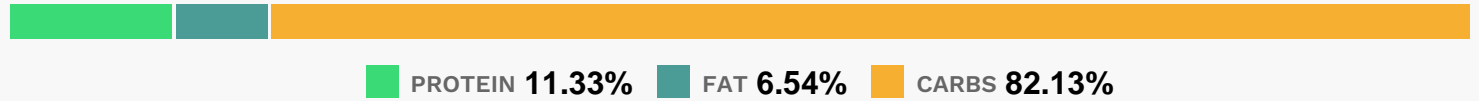
Equipment

- bowl
- sieve

Directions

- Place mint leaves in a small bowl.
- Add strips of lime rind and hot Simple Syrup; cover and let stand 30 minutes. Strain mixture through a sieve; discard solids.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:2.3917391387665%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 6.3mg, Hesperetin: 6.3mg, Hesperetin: 6.3mg, Hesperetin: 6.3mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 14.16kcal (0.71%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.93g (1.04%), Cholesterol: 0mg (0%), Sodium: 4.31mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin A: 483.9IU (9.68%), Vitamin C: 7.07mg (8.57%), Manganese: 0.13mg (6.66%), Fiber: 1.24g (4.94%), Iron: 0.68mg (3.77%), Folate: 13.78µg (3.45%), Calcium: 31.43mg (3.14%), Magnesium: 9.82mg (2.46%), Copper: 0.05mg (2.25%), Potassium: 76.88mg (2.2%), Vitamin B2: 0.03mg (1.94%), Vitamin B3: 0.22mg (1.08%), Phosphorus: 10.45mg (1.05%)