



Mint Simple Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients



10 mint sprigs fresh



1 cup sugar



1 cup water

Equipment

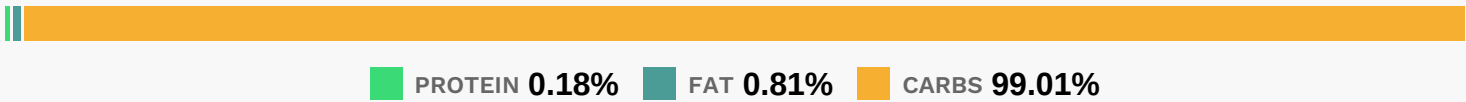


sauce pan

Directions

- ☐
- Bring sugar and water to a boil in a medium saucepan. Boil, stirring often, 5 minutes or until sugar dissolves.
- ☐
- Remove from heat; add mint, and let cool completely.
- ☐
- Pour into a glass jar; cover and chill 24 hours.
- ☐
- Remove and discard mint.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:-1, Nutrition Score:0.26913042820018%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 97.13kcal (4.86%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.02%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 24.99g (9.09%), Sugar: 24.95g (27.72%), Cholesterol: 0mg (0%), Sodium: 2.12mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Vitamin A: 53.1IU (1.06%)