

Mint Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients



1.3 cups granulated sugar



1 juice of lemon



2 ounces mint leaves



1 teaspoon sea salt

Equipment



bowl



sauce pan



sieve

- ☐ wooden spoon
- ☐ rolling pin
- ☐ cheesecloth

Directions

- ☐ Check the mint leaves for any insect life, then tear the leaves into shreds.
- ☐ Put the lemon juice into a large bowl.
- ☐ Add the mint and pound with the end of a wooden rolling pin.
- ☐ Add the sugar and salt and continue to crush the mint leaves to release their menthol essence. Leave to macerate for 8 to 10 hours or overnight.
- ☐ Pour 2 1/2 cups of boiling water over the macerated mint mixture and let stand for a further 12 hours.
- ☐ Strain the syrup through a very fine sieve or cheesecloth into a saucepan. Gently bring to a simmer and simmer for a couple of minutes.
- ☐ Pour into warm, sterilized bottles (see p. 12
- ☐ and seal with screw-caps or corks.
- ☐ This syrup will keep unopened for 4 months, but once opened, it should be stored in the fridge. If you want to keep it longer, it will need to be sterilized in a water bath straight after canning (see p. 125).
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The River Cottage Preserves Handbook by Pam Corbin. Pam Corbin has been making preserves for as long as she can remember, and for more than twenty years her passion has been her business. Pam and her husband, Hugh, moved to Devon where they bought an old pig farm and converted it into a small jam factory. Using only wholesome, seasonal ingredients, their products soon became firm favorites with jam-lovers the world over. Pam has now hung up her professional wooden spoon but continues to "jam" at home. She also works closely with the River Cottage team, making seasonal goodies using fruit, vegetables, herbs, and flowers from her own garden, and from the fields and hedgerows.

Nutrition Facts



 PROTEIN **0.84%**  FAT **1.19%**  CARBS **97.97%**

Properties

Glycemic Index:17.52, Glycemic Load:43.63, Inflammation Score:-5, Nutrition Score:2.7930434663659%

Flavonoids

Eriodictyol: 4.75mg, Eriodictyol: 4.75mg, Eriodictyol: 4.75mg, Eriodictyol: 4.75mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 252.2kcal (12.61%), Fat: 0.35g (0.54%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 64.88g (21.63%), Net Carbohydrates: 63.72g (23.17%), Sugar: 62.56g (69.52%), Cholesterol: 0mg (0%), Sodium: 586.46mg (25.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin A: 602.59IU (12.05%), Vitamin C: 7.41mg (8.98%), Manganese: 0.17mg (8.58%), Fiber: 1.16g (4.63%), Folate: 17.66µg (4.41%), Iron: 0.76mg (4.23%), Calcium: 35.88mg (3.59%), Vitamin B2: 0.05mg (2.98%), Magnesium: 11.8mg (2.95%), Copper: 0.05mg (2.63%), Potassium: 89.75mg (2.56%), Vitamin B3: 0.25mg (1.24%), Zinc: 0.17mg (1.13%), Phosphorus: 10.95mg (1.09%), Vitamin B6: 0.02mg (1.09%)