



Mint Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

Ingredients



1.5 cups mint leaves fresh



1 cup sugar



1 cup water

Equipment

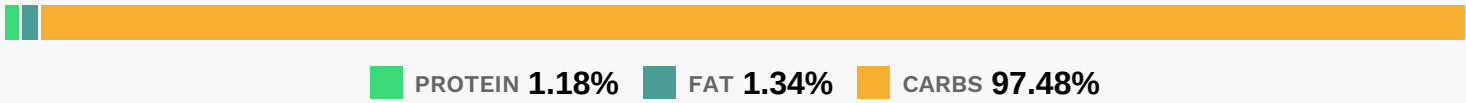


sauce pan

Directions

- ☐
- Combine water, sugar, and fresh mint in a saucepan over medium–high heat. Bring to a boil, stirring until sugar dissolves.
- ☐
- Remove from heat, and let stand 30 minutes. Strain and chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:23.27, Inflammation Score:–4, Nutrition Score:2.0360869752324%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg

Nutrients (% of daily need)

Calories: 136.21kcal (6.81%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 34.88g (11.63%), Net Carbohydrates: 33.98g (12.35%), Sugar: 33.27g (36.96%), Cholesterol: 0mg (0%), Sodium: 5.79mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin A: 477.9IU (9.56%), Manganese: 0.13mg (6.68%), Vitamin C: 3.58mg (4.34%), Fiber: 0.9g (3.6%), Iron: 0.59mg (3.27%), Folate: 12.82µg (3.21%), Calcium: 28.85mg (2.89%), Magnesium: 9.39mg (2.35%), Copper: 0.05mg (2.28%), Vitamin B2: 0.04mg (2.13%), Potassium: 64.68mg (1.85%)