



Orange and Grapefruit Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 1 cup grapefruit sections (1 grapefruit)
- ☐ 0.8 cup grapefruit juice fresh (2 grapefruit)
- ☐ 1 cup orange juice fresh
- ☐ 1 cup orange sections (2 oranges)
- ☐ 2 cups sugar

Equipment

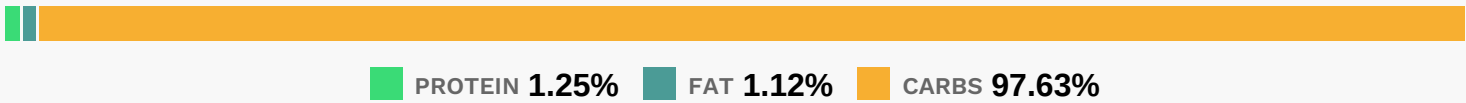
- ☐ sauce pan
- ☐ whisk

☐ candy thermometer

Directions

- ☐ Combine first 3 ingredients in a large saucepan, stirring with a whisk; bring to a boil over medium-high heat. Cook, without stirring, until a candy thermometer registers 238 (about 25 minutes).
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Add orange sections and grapefruit sections, stirring gently.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:26.18, Inflammation Score:-3, Nutrition Score:2.8634781897392%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg, Hesperetin: 6.62mg Naringenin: 9mg, Naringenin: 9mg, Naringenin: 9mg, Naringenin: 9mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 159.52kcal (7.98%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 40.08g (14.58%), Sugar: 39.35g (43.72%), Cholesterol: 0mg (0%), Sodium: 0.83mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 28.26mg (34.26%), Vitamin A: 296.53IU (5.93%), Potassium: 118.92mg (3.4%), Folate: 13.49µg (3.37%), Fiber: 0.72g (2.89%), Vitamin B1: 0.04mg (2.66%), Magnesium: 6.97mg (1.74%), Vitamin B2: 0.02mg (1.44%), Vitamin B5: 0.14mg (1.42%), Calcium: 14mg (1.4%), Vitamin B6: 0.03mg (1.37%), Copper: 0.02mg (1.22%), Phosphorus: 10.69mg (1.07%), Vitamin B3: 0.21mg (1.04%)