



Orange-Ginger Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



262 kcal

SIDE DISH

Ingredients

- 2 tablespoons ginger fresh chopped
- 0.3 teaspoon juice of lemon
- 2 teaspoons orange rind
- 1 cup sugar
- 0.5 cup water

Equipment

- sauce pan
- knife

peeler

Directions

- Cook all ingredients in a small saucepan over low heat until sugar dissolves. Bring to a boil; reduce heat, and simmer 1 minute.
- Remove from heat; let stand 15 minutes.
- Remove and discard ginger and orange rind. Cool syrup; chill 1 hour or up to 3 days.
- Remove rind from an orange using a vegetable peeler or paring knife. Avoid the white, bitter pith as much as possible.

Nutrition Facts

PROTEIN 0.16% **FAT 0.83%** **CARBS 99.01%**

Properties

Glycemic Index:28.36, Glycemic Load:46.65, Inflammation Score:1, Nutrition Score:0.4860869600721%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 261.79kcal (13.09%), Fat: 0.25g (0.39%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 67.59g (22.53%), Net Carbohydrates: 67.36g (24.49%), Sugar: 66.62g (74.03%), Cholesterol: 0mg (0%), Sodium: 3.29mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%), Vitamin C: 2.21mg (2.68%), Copper: 0.02mg (1.14%)