



Orange-Pineapple Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon orange juice concentrate thawed
- ☐ 6 ounce pineapple juice canned
- ☐ 2 teaspoons vanilla extract

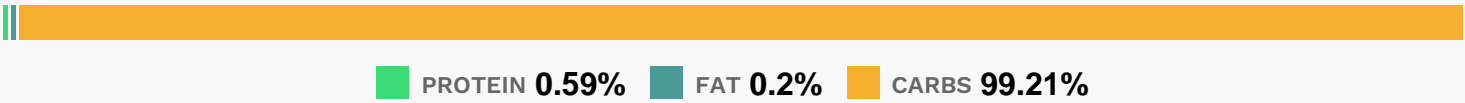
Equipment

- ☐ sauce pan

Directions

- ☐ Bring first 4 ingredients to a boil in a small saucepan over medium heat; cook 5 minutes, stirring constantly.
- ☐ Remove from heat. Stir in vanilla. Cool slightly.
- ☐ Note: This recipe makes more syrup than is needed for Coconut French Toast. Store extra syrup in an air-tight container in the refrigerator.
- ☐ Serve syrup over waffles or pancakes, or stir into oatmeal.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.54826086613795%

Nutrients (% of daily need)

Calories: 61.91kcal (3.1%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 15.5g (5.64%), Sugar: 15.19g (16.88%), Cholesterol: 0mg (0%), Sodium: 4.08mg (0.18%), Alcohol: 0.17g (100%), Alcohol %: 0.84% (100%), Protein: 0.09g (0.19%), Vitamin C: 2.34mg (2.84%), Calcium: 13.52mg (1.35%), Potassium: 38.03mg (1.09%)