



Peach-Basil Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



440 kcal

SIDE DISH

Ingredients

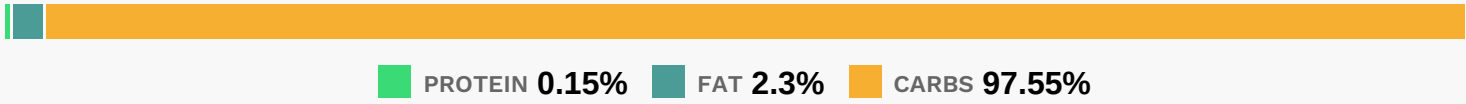
- ☐ 15 basil sprigs fresh
- ☐ 11 oz peach nectar canned
- ☐ 1.5 cups sugar
- ☐ 1 vanilla pod split
- ☐ 1.5 cups water

Equipment

Directions

- ☐
- Boil sugar and water, stirring often, 2 to 3 minutes or until sugar dissolves.
- ☐
- Remove from heat; add peach nectar, vanilla bean, and basil sprigs, and cool completely. Cover and chill 24 hours. Strain syrup; discard solids.

Nutrition Facts



Properties

Glycemic Index:46.7, Glycemic Load:69.83, Inflammation Score:-2, Nutrition Score:1.8291303968948%

Nutrients (% of daily need)

Calories: 440.31kcal (22.02%), Fat: 1.18g (1.81%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 112.13g (37.38%), Net Carbohydrates: 111.99g (40.72%), Sugar: 112.38g (124.87%), Cholesterol: 0mg (0%), Sodium: 18.43mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin K: 9.55µg (9.09%), Vitamin A: 373.69IU (7.47%), Vitamin B1: 0.06mg (4.2%), Copper: 0.05mg (2.62%), Manganese: 0.05mg (2.34%), Vitamin E: 0.32mg (2.12%), Vitamin B2: 0.04mg (2.12%), Vitamin B6: 0.04mg (2.08%), Magnesium: 6.62mg (1.66%), Calcium: 14.33mg (1.43%), Selenium: 0.81µg (1.16%), Potassium: 39.08mg (1.12%), Iron: 0.19mg (1.03%)