



Pineapple-Lemongrass Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



138 kcal

SIDE DISH

Ingredients

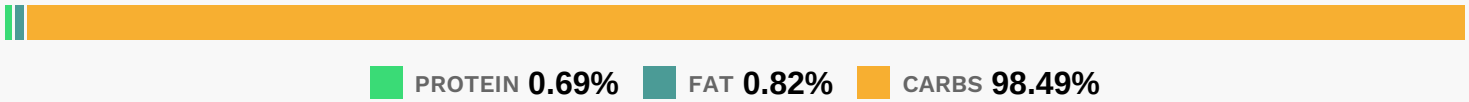
- ☐ 1 cup granulated sugar
- ☐ 9 inch lemongrass fresh
- ☐ 0.5 cup brown sugar light
- ☐ 2 tablespoons juice of lime fresh
- ☐ 15 mint sprigs fresh
- ☐ 1 cup pineapple juice
- ☐ 1.5 cups water

Equipment

Directions

- ☐ Boil granulated sugar, brown sugar, and water, stirring often, 2 to 3 minutes or until sugar dissolves.
- ☐ Remove from heat; add pineapple juice and remaining ingredients, and cool completely. Cover and chill 24 hours. Strain syrup; discard solids.

Nutrition Facts



Properties

Glycemic Index:11.61, Glycemic Load:15.34, Inflammation Score:-1, Nutrition Score:2.0965217390786%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 137.56kcal (6.88%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 35.18g (12.79%), Sugar: 33.04g (36.71%), Cholesterol: 0mg (0%), Sodium: 6.32mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Manganese: 0.38mg (19%), Vitamin C: 3.85mg (4.67%), Iron: 0.61mg (3.38%), Potassium: 90.29mg (2.58%), Folate: 9.74µg (2.44%), Copper: 0.05mg (2.31%), Magnesium: 8.32mg (2.08%), Calcium: 20.45mg (2.05%), Vitamin B6: 0.03mg (1.74%), Vitamin A: 66.67IU (1.33%), Vitamin B1: 0.02mg (1.24%), Vitamin B2: 0.02mg (1.13%), Zinc: 0.15mg (1.03%)