



Pomegranate Molasses

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- 0.5 cup juice of lemon
- 4 cups pomegranate juice
- 0.5 cup sugar white

Equipment

- sauce pan

Directions

Bring the pomegranate juice, sugar, and lemon juice to a simmer in a saucepan over medium-high heat. Once the sugar has dissolved, reduce the heat to medium-low, and simmer until the juice has reduced to 1 1/2 cups, about 1 hour. Stir the molasses frequently as it thickens to keep it from burning. When the molasses is done, allow it to cool to room temperature, then pour into a glass storage container, and keep in the refrigerator.

Nutrition Facts

PROTEIN 0.77% FAT 3.17% CARBS 96.06%

Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:3.8291304352815%

Flavonoids

Cyanidin: 3.98mg, Cyanidin: 3.98mg, Cyanidin: 3.98mg, Cyanidin: 3.98mg Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg, Delphinidin: 1.34mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 158.28kcal (7.91%), Fat: 0.58g (0.9%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 39.52g (14.37%), Sugar: 38.06g (42.29%), Cholesterol: 0mg (0%), Sodium: 15.31mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin K: 17.26µg (16.44%), Folate: 43.91µg (10.98%), Potassium: 376.52mg (10.76%), Vitamin C: 8.03mg (9.74%), Manganese: 0.16mg (8.04%), Vitamin B5: 0.5mg (5%), Vitamin E: 0.66mg (4.41%), Vitamin B6: 0.08mg (3.79%), Magnesium: 12.84mg (3.21%), Vitamin B3: 0.41mg (2.03%), Vitamin B1: 0.03mg (1.99%), Phosphorus: 19.89mg (1.99%), Calcium: 19.65mg (1.96%), Copper: 0.04mg (1.96%), Vitamin B2: 0.03mg (1.83%), Zinc: 0.16mg (1.07%), Iron: 0.19mg (1.06%)