



Raspberry Syrup for Drinks

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



15

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup raspberries
- 0.7 cup water
- 0.7 cup sugar white

Equipment

- sauce pan
- sieve
- potato masher
- spatula

Directions

- Bring water and sugar to a boil in small saucepan, stirring occasionally, until sugar is dissolved, 5 to 10 minutes.
- Remove saucepan from heat and stir in raspberries. Mash mixture using a potato masher or fork.
- Let mixture steep for at least 1 hour.
- Drain mixture through a fine mesh strainer, pressing raspberry pulp with a spatula to extract as much liquid as possible. Discard solids and store syrup in a sealed container in the refrigerator.

Nutrition Facts

 PROTEIN 0.95%  FAT 1.8%  CARBS 97.25%

Properties

Glycemic Index:6.41, Glycemic Load:6.32, Inflammation Score:-1, Nutrition Score:0.54130434261068%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 38.38kcal (1.92%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.01%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.29g (3.38%), Sugar: 9.22g (10.25%), Cholesterol: 0mg (0%), Sodium: 0.69mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Manganese: 0.05mg (2.7%), Vitamin C: 2.1mg (2.54%), Fiber: 0.52g (2.08%)