



Rosemary Orange Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup orange juice fresh
- ☐ 3 inch orange zest fresh
- ☐ 6 small rosemary leaves fresh
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water

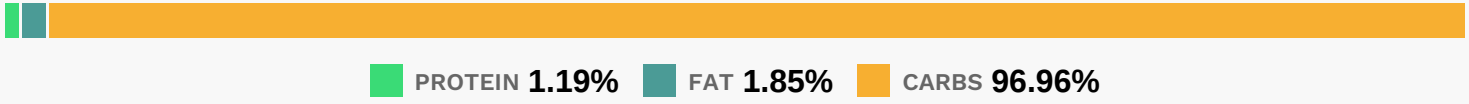
Equipment

- ☐ sauce pan

Directions

Boil all ingredients together in a 1-quart heavy saucepan until reduced to about 3/4 cup, about 15 minutes. Cool to warm or room temperature.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:26.19, Inflammation Score:-5, Nutrition Score:3.1899999944004%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 158.22kcal (7.91%), Fat: 0.34g (0.52%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 39.32g (14.3%), Sugar: 37.9g (42.11%), Cholesterol: 0mg (0%), Sodium: 2.47mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 31.45mg (38.12%), Folate: 19.48µg (4.87%), Potassium: 129.63mg (3.7%), Vitamin A: 179.37IU (3.59%), Vitamin B1: 0.05mg (3.56%), Fiber: 0.66g (2.65%), Magnesium: 8.64mg (2.16%), Copper: 0.04mg (1.9%), Calcium: 17.42mg (1.74%), Vitamin B2: 0.03mg (1.66%), Vitamin B6: 0.03mg (1.66%), Iron: 0.28mg (1.56%), Manganese: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.33%), Vitamin B3: 0.26mg (1.31%), Phosphorus: 11.22mg (1.12%)