

Simple Maple Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon maple extract flavored
- 1 cup water boiling
- 2 cups sugar white

Equipment

- sauce pan

Directions

- In a saucepan, combine sugar and water. Cook and stir until sugar is dissolved.
- Remove from heat, and stir in maple flavoring.
- Serve warm.

Nutrition Facts

PROTEIN 0% **FAT 0.72%** **CARBS 99.28%**

Properties

Glycemic Index:11.68, Glycemic Load:46.54, Inflammation Score:1, Nutrition Score:0.11217391328967%

Nutrients (% of daily need)

Calories: 256.67kcal (12.83%), Fat: 0.21g (0.33%), Saturated Fat: 0g (0%), Carbohydrates: 66.4g (22.13%), Net Carbohydrates: 66.4g (24.15%), Sugar: 66.53g (73.93%), Cholesterol: 0mg (0%), Sodium: 2.64mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)