



Simple Strawberry Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



15

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups strawberries quartered
- 1 cup water
- 1 cup sugar white

Equipment

- sauce pan

Directions

- Combine water and sugar in a saucepan over medium–high heat; stir until sugar is dissolved.
- Mix strawberries into saucepan and bring to a boil; boil for 10 minutes. Reduce heat to medium–low and simmer until strawberries are mushy and sauce is thick, about 10 minutes. Strain liquid into a bottle and refrigerate.

Nutrition Facts

■ **PROTEIN 0.85%**
■ **FAT 1.49%**
■ **CARBS 97.66%**

Properties

Glycemic Index:7.34, Glycemic Load:9.74, Inflammation Score:-1, Nutrition Score:1.1543478403726%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 57.48kcal (2.87%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0.02%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 14.37g (5.23%), Sugar: 14.25g (15.83%), Cholesterol: 0mg (0%), Sodium: 1.11mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin C: 11.29mg (13.68%), Manganese: 0.07mg (3.73%), Fiber: 0.38g (1.54%), Folate: 4.61µg (1.15%)