

Simple Syrup

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

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30 min.

SERVINGS

servings

5

CALORIES

calories

154 kcal

30 min.

5

154 kcal

SIDE DISH

Ingredients

☐ 1 cup water

☐ 1 cup sugar white

Equipment

 sauce pan

Directions

In a medium saucepan combine sugar and water. Bring to a boil, stirring, until sugar has dissolved. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:27.92, Inflammation Score:1, Nutrition Score:0.081739129255647%

Nutrients (% of daily need)

Calories: 154kcal (7.7%), Fat: 0.13g (0.2%), Saturated Fat: 0g (0%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 39.84g (14.49%), Sugar: 39.92g (44.36%), Cholesterol: 0mg (0%), Sodium: 2.77mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)