



Strawberry Soda Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



305 kcal

BEVERAGE

DRINK

Ingredients



2 pounds strawberries hulled very ripe cut into chunks



3 cups water cold



2 cups sugar white

Equipment



sauce pan

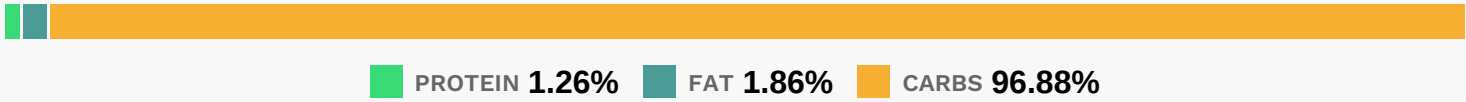


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Directions

- ☐ Place strawberries into a heavy saucepan, add water, and bring to a boil. Stir, reduce heat to low, and simmer until strawberries soften, about 15 minutes.
- ☐ Strain juice into a separate saucepan, using a fine mesh strainer; discard strawberry pulp. Stir in sugar until dissolves. Bring strawberry juice back to a boil a second time.
- ☐ Reduce heat to medium and simmer for 5 minutes. Skim any foam from the top of the syrup. Turn off heat and let cool to room temperature.
- ☐ Pour syrup into a lidded container and refrigerate.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:49.98, Inflammation Score:-5, Nutrition Score:8.7021739171899%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 305.05kcal (15.25%), Fat: 0.67g (1.03%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 78.01g (26%), Net Carbohydrates: 74.99g (27.27%), Sugar: 73.93g (82.14%), Cholesterol: 0mg (0%), Sodium: 8.09mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin C: 88.9mg (107.76%), Manganese: 0.59mg (29.31%), Fiber: 3.02g (12.1%), Folate: 36.29µg (9.07%), Potassium: 232.67mg (6.65%), Magnesium: 20.84mg (5.21%), Copper: 0.1mg (4.81%), Phosphorus: 36.29mg (3.63%), Iron: 0.65mg (3.63%), Vitamin B6: 0.07mg (3.55%),

Vitamin K: 3.33µg (3.17%), Vitamin B3: 0.58mg (2.92%), Vitamin E: 0.44mg (2.92%), Calcium: 28.41mg (2.84%),
Vitamin B2: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.42%), Vitamin B5: 0.19mg (1.89%), Zinc: 0.23mg (1.53%),
Selenium: 1µg (1.44%)