



Strawberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup plus
- ☐ 2 tablespoons juice of lemon
- ☐ 1 pinch salt
- ☐ 1 pound strawberries hulled sliced
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

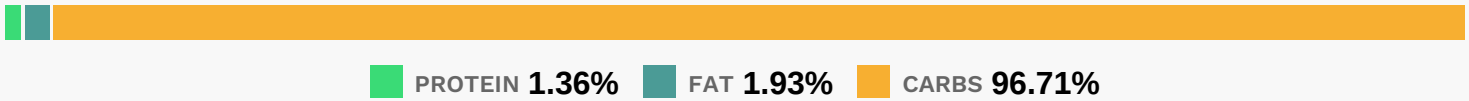
Equipment

- ☐ sauce pan

Directions

- ☐ Bring strawberries, water, sugar, corn syrup, and salt to boil in large saucepan over medium-high heat, stirring until sugar dissolves. Boil uncovered 10 minutes, stirring occasionally and adjusting heat to prevent mixture from boiling over.
- ☐ Add lemon juice. Strain, pressing on solids. Cover and chill syrup. DO AHEAD Can be made 1 week ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:12.91, Glycemic Load:9.67, Inflammation Score:-2, Nutrition Score:2.8204348560261%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 85.84kcal (4.29%), Fat: 0.2g (0.3%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 21.46g (7.81%), Sugar: 21g (23.34%), Cholesterol: 0mg (0%), Sodium: 12.1mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Vitamin C: 27.83mg (33.74%), Manganese: 0.18mg (8.79%), Fiber: 0.92g (3.66%), Folate: 11.49µg (2.87%), Potassium: 72.8mg (2.08%), Magnesium: 6.31mg (1.58%), Copper: 0.02mg (1.24%), Vitamin B1: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.13%), Phosphorus: 11.13mg (1.11%), Iron: 0.19mg (1.07%)