

Vanilla Sugar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- 1 vanilla pod whole
- 2 cups granulated sugar white

Equipment

- knife

Directions

- Pour the sugar into an airtight container. If the vanilla bean is whole, slice it halfway through the long way, open up the bean, and use a spoon or kitchen knife to scrape out the black gooey specks. Stir the specks into the sugar, and bury the bean pod in the sugar. Cover the jar and let stand for at least 1 week.

Nutrition Facts

■ PROTEIN 0% ■ FAT 1.13% ■ CARBS 98.87%

Properties

Glycemic Index:8.76, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.066086957312149%

Nutrients (% of daily need)

Calories: 193.97kcal (9.7%), Fat: 0.25g (0.39%), Saturated Fat: 0g (0%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 49.96g (18.17%), Sugar: 49.9g (55.44%), Cholesterol: 0mg (0%), Sodium: 0.5mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)