

Ginger Simple Lemonade Syrup

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Yield: 3 cups

2 cups sugar

2 cups water

1/2 cup sliced fresh ginger

In a small saucepan, combine the sugar and water. Bring just to boiling. Stir until the sugar is dissolved. Cool.

Strain after cooling.

Cover and chill for at least two hours before using.

Store in a refrigerator, covered, for up to two weeks.

Per Serving (excluding unknown items): 1548 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 400g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 27 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1548
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	100.0%
% Calories from Protein:	0.0%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	400g
Dietary Fiber (g):	0g
Protein (g):	0g
Sodium (mg):	18mg
Potassium (mg):	8mg
Calcium (mg):	13mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	27

Nutrition Facts

Amount Per Serving

Calories 1548 Calories from Fat: 0

% Daily Values*

Total Fat 0g 0%Saturated Fat 0g 0%**Cholesterol** 0mg 0%**Sodium** 18mg 1%**Total Carbohydrates** 400g 133%Dietary Fiber 0g 0%**Protein** 0g

Vitamin A 0%**Vitamin C** 0%**Calcium** 1%**Iron** 2%

** Percent Daily Values are based on a 2000 calorie diet.*