

Mint Simple Lemonade Syrup

Chadwick Boyd

Better Homes and Gardens Magazine - August 2013

Yield: 3 cups

2 cups sugar

2 cups water

1/2 cup fresh mint

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

Strain after cooling. (Let stand up to two hours before straining. The mint flavors grow stronger the longer you allow it to steep.)

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): 1568 Calories; trace Fat (0.2% calories from fat); 1g Protein; 403g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 1/2 Vegetable; 27 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	1568
% Calories from Fat:	0.2%
% Calories from Carbohydrates:	99.5%
% Calories from Protein:	0.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	403g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	32mg
Potassium (mg):	217mg
Calcium (mg):	104mg
Iron (mg):	6mg
Zinc (mg):	1mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	1849IU

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	48mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	27

Vitamin A (r.e.):

184 1/2RE

Nutrition Facts

Amount Per Serving

Calories 1568 Calories from Fat: 3

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	32mg	1%
Total Carbohydrates	403g	134%
Dietary Fiber	3g	12%
Protein	1g	
<hr/>		
Vitamin A		37%
Vitamin C		10%
Calcium		10%
Iron		31%

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