

Plain Simple Lemonade Syrup

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Yield: 3 cups

2 cups sugar

2 cups water

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

Cool. 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	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	400g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	18mg	Vegetable:	0
Potassium (mg):	8mg	Fruit:	0
Calcium (mg):	13mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	27
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

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.*