

Ginger-Lime Syrup

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Yield: 1 2/3 cups

*1 eight-inch piece fresh ginger,
unpeeled
2 limes
1 1/2 cups sugar
1 cup water*

Wash the ginger and slice into 1/4-inch-thick pieces.

Using a vegetable peeler remove the zest from the limes.

In a medium saucepan combine the sugar and water. Heat over medium-high heat, stirring to dissolve the sugar. Add the ginger and lime zest to the pan. Bring to a simmer. Remove from the heat. Set aside for 45 minutes.

Strain through a sieve. Cover and chill for up to three weeks.

Per Serving (excluding unknown items): 1218 Calories; trace Fat (0.3% calories from fat); 1g Protein; 317g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit; 20 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	1218	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	14mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	317g		
Dietary Fiber (g):	1g		

Food Exchanges

Grain (Starch): 0

Protein (g): 1g
Sodium (mg): 16mg
Potassium (mg): 242mg
Calcium (mg): 56mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 40mg
Vitamin A (i.u.): 13IU
Vitamin A (r.e.): 1 1/2RE

Lean Meat: 0
Vegetable: 1/2
Fruit: 1
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 20

Nutrition Facts

Amount Per Serving

Calories 1218 Calories from Fat: 4

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	16mg	1%
Total Carbohydrates	317g	106%
Dietary Fiber	1g	5%
Protein	1g	
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Vitamin A		0%
Vitamin C		67%
Calcium		6%
Iron		6%

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