



825060 - Maple Lime Syrup

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1/4 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
019129 SYRUPS, TABLE BLENDS, PANCAKE.... 009161 LIME JUC, CND OR BTLD, UNSWTND...	1 qt + 1 cup 1 1/4 cups	Combine pancake syrup and lime juice in a bowl and whisk until blended. Store in refrigerator until needed.
		Fill gallon container with syrup. Insert condiment pump and fill 2 oz cups with 1/4 cup of syrup mixture. Serve with chicken and waffles.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	150	kcal	Cholesterol	0	mg	Sugars	13.7	g	Calcium	3.36	mg	0.17%	Calories from Total Fat
Total Fat	0.03	g	Sodium	53	mg	Protein	0.03	g	Iron	0.05	mg	0.02%	Calories from Saturated Fat
Saturated Fat	0.00	g	Carbohydrates	39.43	g	Vitamin A	2.0	IU	Water ¹	35.23	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	0.05	g	Vitamin C	0.8	mg	Ash ¹	0.16	g	105.46%	Calories from Carbohydrates
												0.08%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>													