



## 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....<br>009161 LIME JUC, CND OR BTLD, UNSWTND... | 1 qt + 1 cup<br>1 1/4 cups |              |
|  |                            |              |

\*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 <sup>1</sup> | 35.23 | g  | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* | g    | Dietary Fiber | 0.05  | g  | Vitamin C | 0.8  | mg | Ash <sup>1</sup>   | 0.16  | g  | 105.46% | Calories from Carbohydrates |
|                        |        |      |               |       |    |           |      |    |                    |       |    | 0.08%   | Calories from Protein       |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.