

1883 lavender syrup nutrition facts

1883 lavender syrup nutrition facts provide essential information for consumers interested in the nutritional profile and health implications of this popular flavoring product. As a versatile syrup used in beverages and culinary applications, understanding its ingredients and nutrient content is crucial for making informed dietary choices. This article explores the detailed nutrition facts of 1883 lavender syrup, including calorie count, sugar content, and other significant components. Additionally, it covers the benefits and considerations associated with its consumption. By analyzing these aspects, readers can better appreciate how 1883 lavender syrup fits into various diets and lifestyle preferences. The following sections offer a comprehensive overview and practical insights related to 1883 lavender syrup nutrition facts.

- Overview of 1883 Lavender Syrup
- Detailed Nutrition Facts
- Ingredients and Their Nutritional Impact
- Health Benefits and Considerations
- Usage and Serving Suggestions

Overview of 1883 Lavender Syrup

1883 lavender syrup is a premium flavored syrup made by 1883 Maison Routin, a renowned French company specializing in gourmet syrups. This particular syrup combines the delicate floral essence of lavender with a sweet base, making it a favored choice for enhancing beverages such as coffee, tea,

cocktails, and desserts. The brand is well-known for using high-quality ingredients and creating syrups that provide authentic taste experiences. Understanding the nutritional profile of 1883 lavender syrup is important for consumers who wish to indulge in its flavor while managing their dietary intake.

Product Description

The 1883 lavender syrup features a balance of floral and sweet notes, crafted to add depth and aroma to various drinks and recipes. Its composition typically includes water, sugar, natural lavender extracts, and preservatives to maintain freshness. The syrup is widely used in cafés and households for its versatility and ease of use. As a liquid sweetener, it offers an alternative to traditional sugars and flavorings, but its nutritional content should be examined carefully.

Detailed Nutrition Facts

The nutrition facts of 1883 lavender syrup reveal key data points such as caloric value, macronutrient composition, and sugar content, which are essential for dietary assessment. This section breaks down these elements to provide a clear understanding of what each serving contributes nutritionally.

Caloric Content

One of the primary nutritional considerations is the calorie count. Typically, a 1-ounce (about 30 ml) serving of 1883 lavender syrup contains approximately 80 to 90 calories. These calories mainly come from the sugars present in the syrup, reflecting its role as a sweetener. Consumers monitoring their caloric intake should consider this factor when adding the syrup to beverages or recipes.

Sugar Content

Sugar is the dominant nutrient in 1883 lavender syrup, with each serving containing roughly 20 to 22 grams of sugar. This high sugar content accounts for the syrup's sweetness and energy contribution.

The sugar is usually in the form of sucrose or a blend of glucose and fructose derived from cane sugar or beet sugar sources. Excessive consumption of sugary syrups can impact blood sugar levels and overall health, so moderation is advised.

Other Nutritional Components

The syrup contains negligible amounts of fat, protein, fiber, vitamins, and minerals. It is primarily a carbohydrate source with no significant micronutrient contribution. The absence of fats and proteins makes it a pure energy source without other nutritional benefits. Additionally, the syrup contains trace preservatives and natural flavor extracts, which do not impact the nutritional profile significantly but are relevant for quality and shelf life.

Ingredients and Their Nutritional Impact

The ingredients of 1883 lavender syrup influence its nutritional characteristics and health implications. Understanding these components helps clarify the syrup's role in a balanced diet and its potential effects on well-being.

Main Ingredients

The primary ingredients commonly include:

- **Water:** Serves as the base of the syrup, providing volume without calories.
- **Sugar (Sucrose or Cane Sugar):** The main source of calories and sweetness.
- **Natural Lavender Extract:** Provides flavor and aromatic properties without adding calories.
- **Preservatives (such as Potassium Sorbate):** Ensure product stability and shelf life.

Each ingredient contributes differently to the syrup's overall nutritional profile and sensory attributes.

Nutritional Impact of Ingredients

The high sugar content is the most significant nutritional factor, contributing to increased caloric intake and potential glycemic effects. Natural lavender extract adds flavor complexity but does not contribute nutrients or calories. The presence of preservatives is minimal and considered safe within regulated amounts. Consumers with sensitivities or allergies should review ingredient lists carefully. Overall, the syrup is best classified as an energy-dense sweetener with no notable vitamins or minerals.

Health Benefits and Considerations

While 1883 lavender syrup is primarily a sweetener, understanding its health implications is essential for responsible consumption. This section explores both the potential benefits related to its lavender content and the general considerations associated with its sugar levels.

Potential Health Benefits

Lavender itself is known for its calming and anti-inflammatory properties, often used in aromatherapy and herbal remedies. Although the syrup contains only small amounts of natural lavender extract, it may provide mild aromatic and sensory benefits. The soothing scent and flavor can contribute to relaxation and enhanced beverage enjoyment, indirectly supporting mental well-being.

Health Considerations

The high sugar content of 1883 lavender syrup necessitates caution for individuals managing blood sugar, weight, or dental health. Excessive intake of sugary syrups can increase the risk of obesity, type 2 diabetes, and tooth decay. It is advisable to consume the syrup in moderation and as part of a balanced diet. Additionally, those with allergies or sensitivities to any ingredients should consult

product labeling and healthcare providers as needed.

Usage and Serving Suggestions

Understanding the nutritional facts of 1883 lavender syrup aids in optimizing its use in various culinary and beverage applications. This section provides practical guidance on serving sizes and creative uses that balance flavor with nutritional considerations.

Recommended Serving Sizes

Typically, a serving size of 1 ounce (30 ml) is used for nutrition labeling and recipe purposes. Users can adjust the amount based on desired sweetness and flavor intensity. Due to its concentrated sugar content, smaller quantities often suffice to achieve the intended taste effect.

Creative Applications

1883 lavender syrup is versatile and can be incorporated into:

- Specialty coffees and lattes
- Herbal teas and iced beverages
- Cocktails and mocktails for floral notes
- Dessert toppings and baking recipes
- Flavoring homemade lemonades and sparkling waters

Using the syrup in these ways can enhance flavor profiles while allowing controlled sugar intake.

Frequently Asked Questions

What are the main ingredients in 1883 Lavender Syrup?

The main ingredients in 1883 Lavender Syrup typically include purified water, sugar, natural lavender flavor, and citric acid.

How many calories are in one serving of 1883 Lavender Syrup?

One serving (about 30ml or 1 oz) of 1883 Lavender Syrup contains approximately 80-90 calories, mostly from sugar.

Does 1883 Lavender Syrup contain any fat or protein?

No, 1883 Lavender Syrup contains 0 grams of fat and 0 grams of protein per serving.

Is 1883 Lavender Syrup gluten-free?

Yes, 1883 Lavender Syrup is gluten-free, making it suitable for individuals with gluten sensitivities.

How much sugar is in a serving of 1883 Lavender Syrup?

Each 30ml serving of 1883 Lavender Syrup contains roughly 20-22 grams of sugar.

Is 1883 Lavender Syrup suitable for vegans?

Yes, 1883 Lavender Syrup is vegan-friendly as it contains no animal-derived ingredients.

Does 1883 Lavender Syrup contain any artificial preservatives?

1883 Lavender Syrup uses natural ingredients and contains citric acid as a preservative, with no artificial preservatives added.

Can 1883 Lavender Syrup affect blood sugar levels?

Yes, due to its high sugar content, 1883 Lavender Syrup can raise blood sugar levels and should be consumed in moderation by people with diabetes.

What is the sodium content in 1883 Lavender Syrup?

1883 Lavender Syrup contains a negligible amount of sodium, typically less than 5mg per serving.

How is 1883 Lavender Syrup best stored to maintain its nutritional quality?

1883 Lavender Syrup should be stored in a cool, dry place away from direct sunlight, and once opened, it is best kept refrigerated to preserve flavor and quality.

Additional Resources

1. *The Complete Guide to 1883 Lavender Syrup Nutrition*

This comprehensive guide delves into the nutritional components of 1883 lavender syrup, exploring its calorie content, sugar levels, and potential health benefits. Readers will find detailed analyses and comparisons with other flavored syrups. The book also includes practical tips on incorporating lavender syrup into a balanced diet.

2. *Lavender Syrup and Wellness: Understanding 1883's Nutritional Impact*

Focusing on the wellness aspects of 1883 lavender syrup, this book examines how its ingredients influence metabolism and overall health. It covers antioxidant properties and offers insights into mindful consumption. The author also discusses the syrup's role in various dietary plans.

3. *Sweet Science: The Nutritional Breakdown of 1883 Lavender Syrup*

This title presents a scientific approach to understanding the nutrition facts of 1883 lavender syrup. Detailed charts and data explain macronutrients, vitamins, and additives. The book is ideal for

nutritionists, chefs, and health enthusiasts who want to make informed choices.

4. From Field to Bottle: The Making and Nutrition of 1883 Lavender Syrup

Tracing the journey of lavender syrup from harvest to packaging, this book highlights how production methods affect nutritional quality. It offers an inside look at ingredient sourcing and processing techniques. Readers learn how these factors contribute to the syrup's final nutritional profile.

5. Lavender Flavors and Nutrition: Exploring 1883 Syrup's Role in Modern Diets

This book explores the culinary uses of 1883 lavender syrup alongside its nutritional information. It includes recipes and diet plans that incorporate the syrup without compromising health goals. The author provides guidance on balancing flavor and nutrition.

6. Natural Sweeteners: A Nutritional Comparison Featuring 1883 Lavender Syrup

Comparing various natural sweeteners, this book positions 1883 lavender syrup within the broader context of healthful alternatives. Detailed nutritional facts help readers understand how it stacks up against honey, agave, and maple syrup. The book also discusses glycemic index and suitability for different diets.

7. Understanding Syrup Nutrition Labels: A Case Study on 1883 Lavender Syrup

Ideal for consumers and professionals, this book teaches how to read and interpret nutrition labels using 1883 lavender syrup as a primary example. It breaks down terminology and regulatory standards, enhancing label literacy. Practical exercises help reinforce learning.

8. The Art and Science of Lavender Syrup: Nutrition Facts and Culinary Uses of 1883

Combining culinary arts with nutritional science, this book provides an in-depth look at 1883 lavender syrup. It features expert recipes and nutritional analyses, helping readers appreciate both taste and health aspects. The book encourages creative and health-conscious syrup use.

9. Lavender Syrup in Nutrition: Health Benefits and Facts About 1883 Brand

This title focuses on the health benefits attributed to lavender syrup, supported by research on the 1883 brand. It discusses antioxidants, potential therapeutic effects, and possible dietary concerns. The

book serves as a resource for those interested in natural health products.

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