

BALANCING  
COCKTAILS:

# WHICH TYPE OF SUGAR IS BEST?

Sugar, natural or artificial, is important for mixing a balanced cocktail. But it can be hard to know how much sugar you're taking in since sweet ingredients vary greatly in calories and carbs. Let's look at how much sugar is really in your favorite sweeteners.



**0 CALORIES | 0 G CARBS**

**Stevia In The Raw**

*Zero-calorie sweetener made from the Stevia plant. 200-400x sweeter than sugar.*



**0 CALORIES | 0-.5 G CARBS**

**Artificial Sweeteners**

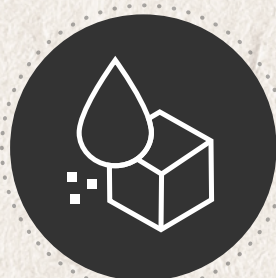
*Artificial sweeteners, also known as intense sweeteners are much sweeter than sugar.*



**30 CALORIES | 6 G CARBS**

**Agave Syrup Or Nectar**

*This natural syrup is made from the sap of blue agave plants.*



**39 CALORIES | 10 G CARBS**

**White Simple Syrup (1:1)**

*This natural syrup is made from one-part water to one-part white sugar.*



**39 CALORIES | 10.5 G CARBS**

**Yacón Syrup**

*A natural syrup extracted from the yacón root, indigenous to the Andes mountains.*



**30 CALORIES | 12 G CARBS**

**Xylitol**

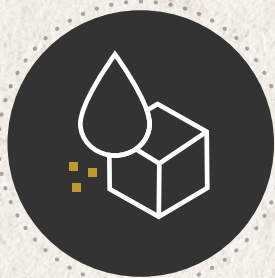
*A sugar alcohol derived from xylose, produced from birch bark and corn cob.*



**45 CALORIES | 12 G CARBS**

**Coconut Sugar**

*A natural sugar made from coconut palm tree sap.*



**52 CALORIES | 13 G CARBS**

**Brown Sugar Simple Syrup (1:1)**

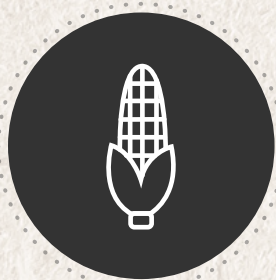
*A syrup made from one-part water to one-part brown sugar.*



**53 CALORIES | 13.5 G CARBS**

**Maple Syrup**

*A natural syrup produced from the sap of certain maple trees.*



**60 CALORIES | 15 - 15.5 G CARBS**

**Karo (Light Or Dark) Syrup**

*A commercially prepared syrup made from cornstarch.*



**61 CALORIES | 15.7 G CARBS**

**Molasses**

*A dark, sweet, syrupy byproduct of the sugar making process.*



**64 CALORIES | 17.5 G CARBS**

**Honey**

*Honey is made by honeybees using flower nectar.*



**100% ORGANIC AGAVE SYRUP IS A GOOD CHOICE**

*Organic • All-Natural • Low GI • Dissolves Completely, Mixes Easily*

Find Azuñia Agave Syrup recipes at [azuniatequila.com/cocktails](https://azuniatequila.com/cocktails)



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