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Best alternatives for oligo syrup

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r/KoreanFood • 2 yr. ago
shinning_blueberry



Difference between these korean ingredients cooking syrup, oligo syrup and corn syrup

[questions](#)

I keep seeing these names interchangeably when I search for them they come out similarly. I saw cooking syrup substituted for honey or maple syrup. So I got confused. Sure they are all sweeteners but can someone explain I saw cooking syrup and oligo syrup same pictures when I searched for them online. Thanks in advance 😊



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The default cooking syrup is corn syrup. The two other options people use are rice syrup and olygo syrup, which is a long chain fructo oligosaccaride which supposedly has some health benefits.



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shinning_blueberry **OP** • 2y ago

When I google cooking syrup korean oligo is the first that comes out hence my confusion. These are the ones that appear upon searching [cooking syrup](#)



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krisalis903 • 2y ago



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