



Amaretto Glaze

 Vegetarian  Gluten Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

Ingredients

- 0.3 cup almond liqueur
- 6 tablespoons butter
- 0.8 cup sugar
- 2 tablespoons water

Equipment

- sauce pan

Directions

- Bring sugar, butter, almond liqueur, and water to a boil in a small 1-qt. saucepan over medium heat, stirring often; reduce heat to medium-low, and boil, stirring constantly, 3 minutes.
- Remove from heat, and use immediately.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:10.51, Inflammation Score:-2, Nutrition Score:1.4586956546358%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 138.68kcal (6.93%), Fat: 8.64g (13.3%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 15.27g (5.55%), Sugar: 15.13g (16.81%), Cholesterol: 18.06mg (6.02%), Sodium: 54.35mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin E: 1.11mg (7.4%), Vitamin A: 209.95IU (4.2%), Manganese: 0.08mg (4.11%), Vitamin B2: 0.05mg (2.73%), Magnesium: 9.85mg (2.46%), Phosphorus: 19.21mg (1.92%), Copper: 0.04mg (1.92%), Fiber: 0.45g (1.79%), Calcium: 11.87mg (1.19%)