



Brown-Sugar Glaze

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter unsalted
- 0.5 cup brown sugar packed
- 2 tablespoons cup heavy whipping cream
- 1 teaspoon vanilla extract pure
- 0.5 teaspoon salt

Equipment

- sauce pan

Directions

- Heat butter and sugar in a saucepan over medium heat, stirring, until sugar has dissolved.
- Add cream, vanilla, and salt, and bring to a boil.
- Remove from heat, and let cool until thickened. Use glaze immediately.

Nutrition Facts

 **PROTEIN 0.59%**  **FAT 61.54%**  **CARBS 37.87%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.79565217013916%

Nutrients (% of daily need)

Calories: 141.73kcal (7.09%), Fat: 9.87g (15.19%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 13.66g (4.97%), Sugar: 13.52g (15.02%), Cholesterol: 26.81mg (8.94%), Sodium: 151.4mg (6.58%), Alcohol: 0.17g (100%), Alcohol %: 0.75% (100%), Protein: 0.21g (0.43%), Vitamin A: 317.52IU (6.35%), Vitamin E: 0.28mg (1.85%), Calcium: 16.55mg (1.66%), Vitamin D: 0.22µg (1.45%)