



Brown Sugar Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream

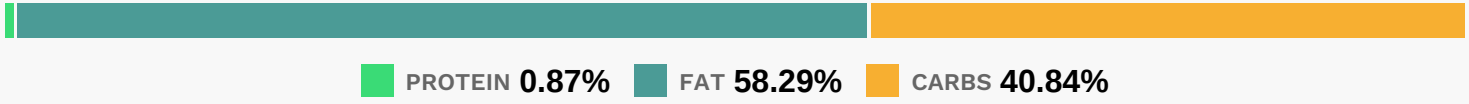
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine first 4 ingredients in a heavy saucepan. Bring to a boil over medium heat, stirring constantly; boil 1 minute. Stir in vanilla.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:1.9573913287857%

Nutrients (% of daily need)

Calories: 338.72kcal (16.94%), Fat: 22.44g (34.53%), Saturated Fat: 7.72g (48.26%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 35.38g (12.87%), Sugar: 35.06g (38.95%), Cholesterol: 22.41mg (7.47%), Sodium: 189.08mg (8.22%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Protein: 0.76g (1.51%), Vitamin A: 968.2IU (19.36%), Vitamin E: 0.77mg (5.13%), Calcium: 34.2mg (3.42%), Vitamin B2: 0.05mg (2.82%), Vitamin D: 0.32µg (2.12%), Phosphorus: 16.62mg (1.66%), Potassium: 52.24mg (1.49%), Selenium: 0.92µg (1.31%)