



Buttermilk Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup butter
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon plus light
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

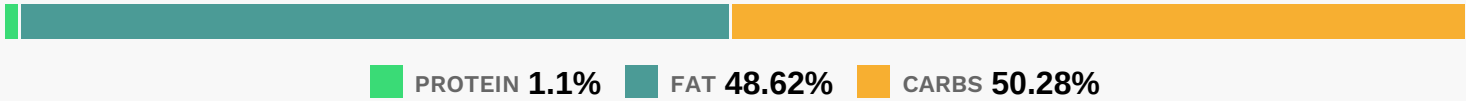
Equipment

- ☐ dutch oven

Directions

- ☐
- Bring sugar, baking soda, butter, buttermilk, and corn syrup to a boil in a Dutch oven over medium-high heat. Boil, stirring often, 4 minutes or until mixture is golden brown.
- ☐
- Remove from heat, and stir in vanilla extract.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:24.11, Inflammation Score:-4, Nutrition Score:1.6073912868033%

Nutrients (% of daily need)

Calories: 289.04kcal (14.45%), Fat: 16g (24.62%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 37.25g (13.54%), Sugar: 37.14g (41.27%), Cholesterol: 2.2mg (0.73%), Sodium: 475.65mg (20.68%), Alcohol: 0.23g (100%), Alcohol %: 0.37% (100%), Protein: 0.81g (1.63%), Vitamin A: 709.65IU (14.19%), Vitamin E: 0.6mg (4%), Calcium: 29.56mg (2.96%), Vitamin B2: 0.05mg (2.85%), Phosphorus: 21.39mg (2.14%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.26µg (1.73%), Selenium: 0.97µg (1.38%), Potassium: 36.63mg (1.05%)