



Cherry Glaze



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

Ingredients

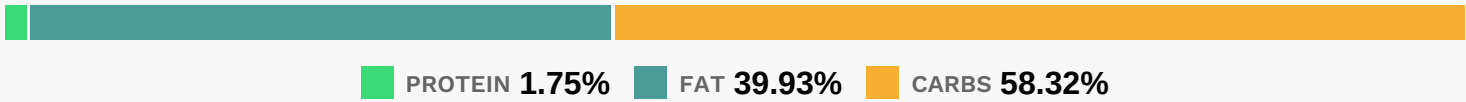
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup cherries chopped for little cherry pound cakes (remaining cherries from recipe)
- ☐ 3 ounce cream cheese softened
- ☐ 3 tablespoons milk
- ☐ 2 cups powdered sugar
- ☐ 1 teaspoon vanilla extract

Equipment

Directions

☐ Beat butter and cream cheese at medium speed until creamy. Gradually add powdered sugar and milk; beat until smooth. Stir in vanilla and cherries.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:1.1008695642585%

Flavonoids

Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg, Cyanidin: 1.3mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 212.3kcal (10.62%), Fat: 9.6g (14.77%), Saturated Fat: 5.9g (36.87%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 31.46g (11.44%), Sugar: 30.63g (34.03%), Cholesterol: 26.66mg (8.89%), Sodium: 81.78mg (3.56%), Alcohol: 0.17g (100%), Alcohol %: 0.37% (100%), Protein: 0.94g (1.89%), Vitamin A: 331.92IU (6.64%), Vitamin B2: 0.04mg (2.48%), Calcium: 19.85mg (1.98%), Phosphorus: 19.69mg (1.97%), Selenium: 1.27µg (1.82%), Vitamin E: 0.26mg (1.75%), Vitamin B12: 0.07µg (1.1%)