



Citrus Glaze

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



18 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

Ingredients

- 1 juice of lemon juiced
- 1 juice of lime juiced
- 1 juice of orange juiced
- 1 pinch salt
- 0.3 cup sugar
- 0.3 cup water

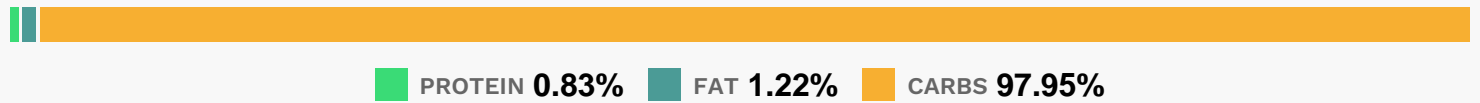
Equipment

- frying pan

Directions

- Combine the orange juice, lemon juice, lime juice, water, sugar and salt in a small skillet.
- Mix well, and bring to a boil over medium to medium-high heat. Cook until reduced by half.
- Let cool until the glaze is thick and sticky.
- Brush onto grilled meats or fish during the last 2 minutes of cooking.
- Pour remaining glaze over afterwards, or use as bright decoration to your entree.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:12.43, Inflammation Score:-1, Nutrition Score:1.1295652258331%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 74.44kcal (3.72%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 19.23g (6.99%), Sugar: 18.21g (20.23%), Cholesterol: 0mg (0%), Sodium: 11.22mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.33%), Vitamin C: 12.65mg (15.34%), Folate: 6.75µg (1.69%), Potassium: 46.84mg (1.34%), Vitamin B1: 0.02mg (1.14%)