



Cream Cheese Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

Ingredients

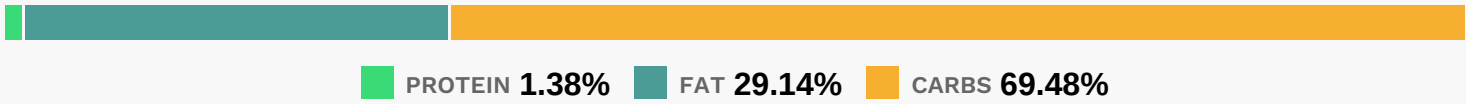
- ☐ 2 tablespoons apple cider
- ☐ 2 tablespoons butter softened
- ☐ 3 ounce cream cheese softened
- ☐ 2.3 cups powdered sugar sifted
- ☐ 0.5 teaspoon vanilla extract

Equipment

Directions

☐ Combine all ingredients, mixing until smooth.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:0.59173912684555%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 156.88kcal (7.84%), Fat: 5.18g (7.97%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 27.8g (10.11%), Sugar: 27.04g (30.04%), Cholesterol: 8.59mg (2.86%), Sodium: 53.79mg (2.34%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Protein: 0.55g (1.1%), Vitamin A: 214.41IU (4.29%), Vitamin B2: 0.03mg (1.55%), Selenium: 0.9µg (1.28%), Vitamin E: 0.16mg (1.07%)