



## Creamy Glaze



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



346 kcal

SIDE DISH

## Ingredients

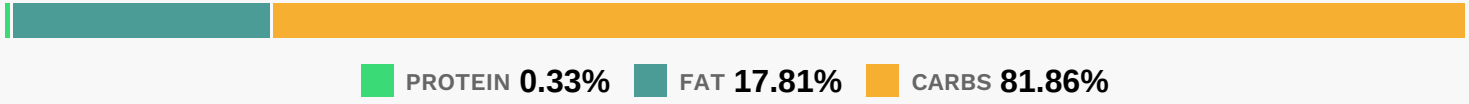
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons milk
- ☐ 3 cups powdered sugar
- ☐ 0.3 teaspoon vanilla extract

## Equipment

# Directions

Stir together first 4 ingredients. Stir in 2 tablespoons milk, adding additional milk, 1 teaspoon at a time, until spreading consistency.

# Nutrition Facts



# Properties

Glycemic Index:17.6, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.79478260842354%

# Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 345.8kcal (17.29%), Fat: 7.02g (10.8%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 72.58g (24.19%), Net Carbohydrates: 72.56g (26.39%), Sugar: 70.89g (78.76%), Cholesterol: 18.78mg (6.26%), Sodium: 57.81mg (2.51%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 0.29g (0.58%), Vitamin A: 220IU (4.4%), Vitamin C: 2.32mg (2.81%), Vitamin B2: 0.03mg (1.52%), Vitamin E: 0.21mg (1.38%), Calcium: 10.5mg (1.05%)