

Delicious Turkey Glaze

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

Ingredients

- 0.3 cup apple juice sugar-free organic
- 0.3 cup butter melted
- 0.3 cup honey

Equipment

- bowl
- oven
- whisk

Directions

- In a small bowl, whisk together the apple cider, butter and honey.
- Brush over entire bird 45 minutes before it completes cooking. Repeat several times before removing turkey from oven.

Nutrition Facts

PROTEIN 0.44% **FAT 57.74%** **CARBS 41.82%**

Properties

Glycemic Index:35.76, Glycemic Load:12.85, Inflammation Score:-2, Nutrition Score:1.086086962534%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 228.64kcal (11.43%), Fat: 15.36g (23.63%), Saturated Fat: 9.73g (60.79%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 24.95g (9.07%), Sugar: 24.7g (27.44%), Cholesterol: 40.67mg (13.56%), Sodium: 123.38mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin A: 472.88IU (9.46%), Vitamin E: 0.44mg (2.94%), Manganese: 0.03mg (1.7%), Vitamin K: 1.32µg (1.26%), Vitamin B2: 0.02mg (1.16%)