



Fresh Citrus Glaze



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons orange juice fresh
- ☐ 2 teaspoons orange zest
- ☐ 2 cups powdered sugar

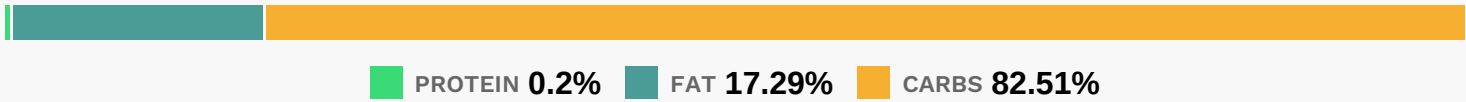
Equipment

- ☐ hand mixer

Directions

- ☐ Beat powdered sugar and softened butter at medium speed with an electric mixer until blended.
- ☐ Add orange zest, 2 Tbsp. fresh orange juice, and lemon juice; beat until smooth. (Stir in an additional 1 Tbsp. orange juice, 1 tsp. at a time, if desired.)

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.38739131018519%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.68kcal (5.78%), Fat: 2.28g (3.51%), Saturated Fat: 1.44g (9%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 24.46g (8.89%), Sugar: 23.8g (26.44%), Cholesterol: 6.02mg (2.01%), Sodium: 18.55mg (0.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 2.82mg (3.42%), Vitamin A: 78.54IU (1.57%)