



Fresh Orange 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
- ☐ 3 tablespoons orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 2 cups powdered sugar

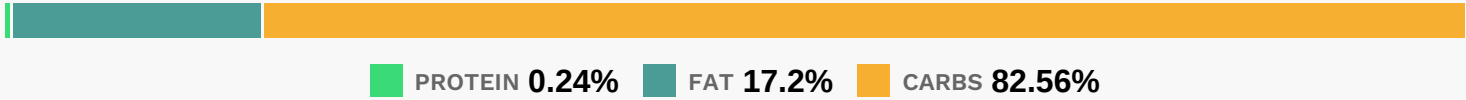
Equipment

- ☐ hand mixer

Directions

- ☐ Beat powdered sugar and butter at medium speed with an electric mixer until blended.
- ☐ Add remaining ingredients, and beat until smooth.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:0.46304346799203%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 116.45kcal (5.82%), Fat: 2.29g (3.52%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 24.63g (8.96%), Sugar: 23.94g (26.6%), Cholesterol: 6.02mg (2.01%), Sodium: 18.56mg (0.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin C: 3.67mg (4.45%), Vitamin A: 81.94IU (1.64%)