



Glaze



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



272 kcal

SIDE DISH

Ingredients



2 tablespoons mint leaves fresh chopped



0.3 cup honey



1 tablespoon orange juice

Equipment

Directions



Combine all ingredients; stir well.

Nutrition Facts



PROTEIN 1.01% FAT 0.39% CARBS 98.6%

Properties

Glycemic Index:104.27, Glycemic Load:37.32, Inflammation Score:-4, Nutrition Score:3.2586956986267%

Flavonoids

Eriodictyol: 3.12mg, Eriodictyol: 3.12mg, Eriodictyol: 3.12mg, Eriodictyol: 3.12mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 272.29kcal (13.61%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 73.09g (24.36%), Net Carbohydrates: 72.09g (26.21%), Sugar: 71.01g (78.9%), Cholesterol: 0mg (0%), Sodium: 6.66mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 12.1mg (14.67%), Manganese: 0.19mg (9.39%), Vitamin A: 458.8IU (9.18%), Iron: 0.9mg (4.99%), Folate: 18.19µg (4.55%), Fiber: 1g (4.01%), Potassium: 134.97mg (3.86%), Vitamin B2: 0.06mg (3.76%), Copper: 0.07mg (3.54%), Calcium: 31.25mg (3.13%), Magnesium: 11.56mg (2.89%), Zinc: 0.31mg (2.04%), Vitamin B6: 0.04mg (2%), Vitamin B3: 0.34mg (1.71%), Vitamin B1: 0.02mg (1.57%), Phosphorus: 13.58mg (1.36%), Vitamin B5: 0.12mg (1.24%)