



Honey Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

SAUCE

Ingredients

- 1 cup brown sugar packed
- 0.5 cup butter
- 0.3 cup honey
- 0.3 cup milk

Equipment

- sauce pan

Directions

- Bring all ingredients to a boil in a medium saucepan over medium-high heat, stirring constantly; boil, stirring constantly, 2 minutes.

Nutrition Facts

PROTEIN 0.7% **FAT 41.74%** **CARBS 57.56%**

Properties

Glycemic Index:15.05, Glycemic Load:6.25, Inflammation Score:-4, Nutrition Score:1.8104347624695%

Nutrients (% of daily need)

Calories: 324.38kcal (16.22%), Fat: 15.55g (23.93%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 48.23g (17.54%), Sugar: 47.65g (52.95%), Cholesterol: 1.22mg (0.41%), Sodium: 193.08mg (8.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin A: 693.12IU (13.86%), Calcium: 49.46mg (4.95%), Vitamin E: 0.59mg (3.94%), Potassium: 79.31mg (2.27%), Iron: 0.32mg (1.78%), Manganese: 0.04mg (1.76%), Phosphorus: 16.65mg (1.67%), Vitamin B2: 0.03mg (1.55%), Magnesium: 5.37mg (1.34%), Vitamin B6: 0.03mg (1.32%), Vitamin B12: 0.07µg (1.23%), Vitamin B5: 0.11mg (1.12%), Copper: 0.02mg (1.12%), Selenium: 0.75µg (1.07%)