



## Honey Topping



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



345 kcal

SIDE DISH

## Ingredients

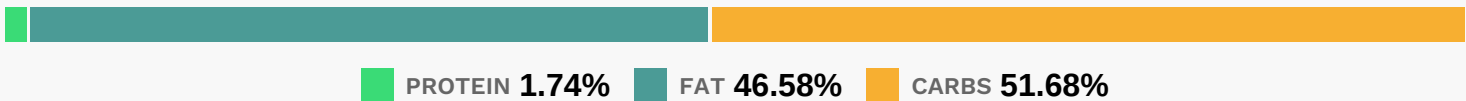
- ☐ 0.5 cup butter melted
- ☐ 2 egg whites
- ☐ 0.3 cup honey
- ☐ 1.3 cups powdered sugar

## Equipment

## Directions

Stir together powdered sugar and remaining ingredients until smooth.

# Nutrition Facts



## Properties

Glycemic Index:20.45, Glycemic Load:7.29, Inflammation Score:-3, Nutrition Score:1.4321739165031%

## Nutrients (% of daily need)

Calories: 345.01kcal (17.25%), Fat: 18.43g (28.35%), Saturated Fat: 11.67g (72.92%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 45.97g (16.72%), Sugar: 45.31g (50.35%), Cholesterol: 48.81mg (16.27%), Sodium: 167.2mg (7.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin A: 567.27IU (11.35%), Vitamin B2: 0.07mg (4.29%), Selenium: 2.95µg (4.22%), Vitamin E: 0.53mg (3.51%), Vitamin K: 1.59µg (1.51%)