



Lemon-Cream Cheese Glaze

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 3 oz cream cheese softened
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 cups powdered sugar sifted
- ☐ 0.3 teaspoon vanilla extract

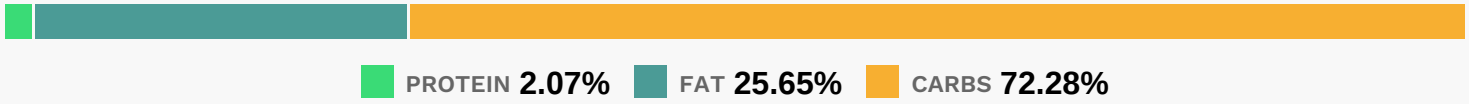
Equipment

- ☐ hand mixer

Directions

- ☐
- Beat cream cheese at medium speed with an electric mixer until creamy.
- ☐
- Add lemon zest and next 2 ingredients; beat until smooth. Gradually add powdered sugar, beating until smooth.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.49434782451262%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.5kcal (5.02%), Fat: 2.93g (4.51%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 18.56g (6.75%), Sugar: 17.98g (19.98%), Cholesterol: 8.59mg (2.86%), Sodium: 27.1mg (1.18%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 0.53g (1.06%), Vitamin A: 114.41IU (2.29%), Vitamin B2: 0.02mg (1.38%), Selenium: 0.84µg (1.2%), Vitamin C: 0.84mg (1.02%)