



Lemon-Lime Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 cups powdered sugar

Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk together powdered sugar, lemon zest, 1 1/2 Tbsp. fresh lemon juice, and lime juice in a bowl until blended and smooth. (For a thinner glaze, stir in an additional 1 Tbsp. fresh lemon juice, 1 tsp. at a time, if desired.)

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.37043477562459%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 188.84kcal (9.44%), Fat: 0.02g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 48.48g (17.63%), Sugar: 47.14g (52.38%), Cholesterol: 0mg (0%), Sodium: 1.11mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin C: 3.67mg (4.45%)