

Maple Glaze



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



645 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup t brown sugar dark packed
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons maple syrup
- ☐ 3 tablespoons milk
- ☐ 1 pinch salt

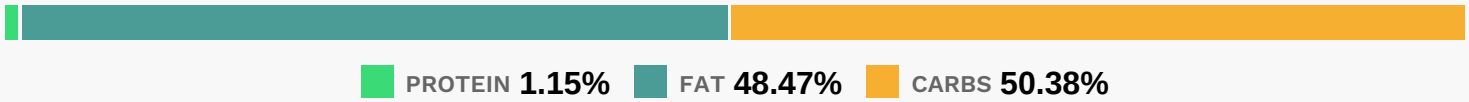
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a small, heavy saucepan over medium heat.
- ☐ Whisk in brown sugar, maple syrup, and a pinch of salt until blended.
- ☐ Whisk in milk; bring mixture to a boil, whisking constantly. Reduce heat to medium-low; simmer, whisking constantly, 3 to 4 minutes or until glaze is golden brown and glossy. Use immediately.

Nutrition Facts



Properties

Glycemic Index:124.5, Glycemic Load:10.65, Inflammation Score:-5, Nutrition Score:7.6556522898052%

Nutrients (% of daily need)

Calories: 645.14kcal (32.26%), Fat: 35.5g (54.62%), Saturated Fat: 22.42g (140.16%), Carbohydrates: 83.03g (27.68%), Net Carbohydrates: 83.03g (30.19%), Sugar: 79.51g (88.34%), Cholesterol: 95.7mg (31.9%), Sodium: 344.92mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Manganese: 0.96mg (47.86%), Vitamin B2: 0.58mg (34.38%), Vitamin A: 1122.48IU (22.45%), Calcium: 154.7mg (15.47%), Potassium: 240.74mg (6.88%), Vitamin E: 1mg (6.65%), Phosphorus: 57.73mg (5.77%), Vitamin B12: 0.31µg (5.24%), Magnesium: 19.59mg (4.9%), Vitamin B1: 0.05mg (3.58%), Zinc: 0.52mg (3.46%), Vitamin D: 0.5µg (3.3%), Vitamin K: 3.08µg (2.93%), Vitamin B5: 0.29mg (2.87%), Selenium: 1.94µg (2.76%), Vitamin B6: 0.05mg (2.56%), Iron: 0.44mg (2.46%), Copper: 0.03mg (1.32%)