



Orange-Bourbon Glaze

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons bourbon
- 0.3 cup orange juice
- 2 tablespoons sugar

Equipment

- sauce pan

Directions

Cook orange juice and sugar in small saucepan over medium heat 2 minutes or until sugar is dissolved.

Remove orange juice mixture from heat, and stir in bourbon.

Nutrition Facts

PROTEIN 1.39% **FAT 1.45%** **CARBS 97.16%**

Properties

Glycemic Index:137.09, Glycemic Load:20.04, Inflammation Score:-3, Nutrition Score:2.846956593025%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 189.6kcal (9.48%), Fat: 0.2g (0.31%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 30.23g (10.99%), Sugar: 29.16g (32.4%), Cholesterol: 0mg (0%), Sodium: 1.16mg (0.05%), Alcohol: 10.02g (100%), Alcohol %: 10.95% (100%), Protein: 0.43g (0.87%), Vitamin C: 31mg (37.58%), Folate: 18.6µg (4.65%), Vitamin B1: 0.06mg (3.84%), Potassium: 125.08mg (3.57%), Vitamin A: 124IU (2.48%), Copper: 0.04mg (1.76%), Magnesium: 6.82mg (1.71%), Vitamin B2: 0.02mg (1.43%), Vitamin B3: 0.25mg (1.26%), Vitamin B6: 0.03mg (1.25%), Vitamin B5: 0.12mg (1.18%), Phosphorus: 11.74mg (1.17%)