



Orange-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 orange juice
- ☐ 1.5 cups powdered sugar sifted
- ☐ 0.3 teaspoon vanilla extract

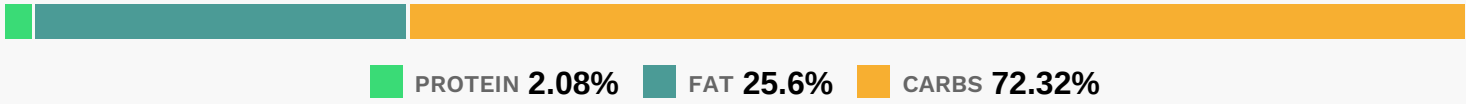
Equipment

- ☐ hand mixer

Directions

- ☐ Beat cream cheese at medium speed with an electric mixer until creamy.
- ☐ Add orange juice and vanilla; beat until smooth. Gradually add powdered sugar, beating until smooth.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.50217391040338%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 100.84kcal (5.04%), Fat: 2.93g (4.51%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 18.62g (6.77%), Sugar: 18.08g (20.09%), Cholesterol: 8.59mg (2.86%), Sodium: 27.09mg (1.18%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 0.54g (1.07%), Vitamin A: 117.62IU (2.35%), Vitamin B2: 0.02mg (1.39%), Selenium: 0.84µg (1.2%), Vitamin C: 0.85mg (1.03%)