

Orange Glaze



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 3.5 tablespoons orange juice fresh
- ☐ 1.5 teaspoons orange rind fresh grated
- ☐ 1.5 cups powdered sugar
- ☐ 10 servings try build-a-meal

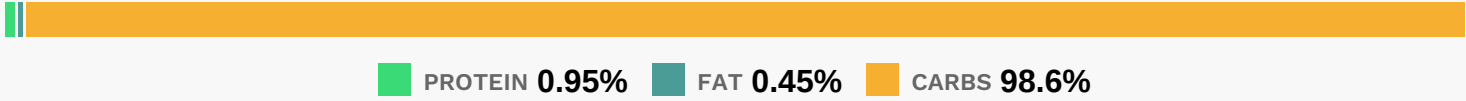
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl, stirring until smooth.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:0.71130434634245%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.23kcal (3.81%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 19.08g (6.94%), Sugar: 18.11g (20.13%), Cholesterol: 0mg (0%), Sodium: 0.44mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.37%), Vitamin C: 3.38mg (4.1%), Manganese: 0.07mg (3.43%), Fiber: 0.27g (1.08%)