



Orange Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



97 kcal

SIDE DISH

Ingredients



2 Tbsp orange juice fresh



1 teaspoon orange zest



1 cup powdered sugar

Equipment

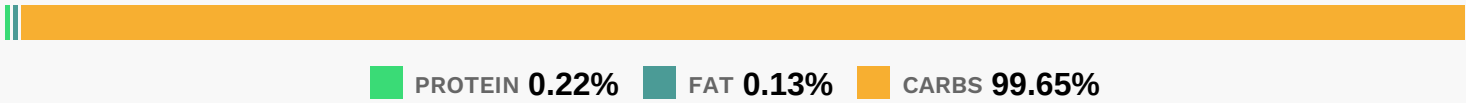


bowl

Directions

Stir together powdered sugar and remaining ingredients in a small bowl until blended. Use immediately.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:0.38739131463935%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 96.81kcal (4.84%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 24.7g (8.98%), Sugar: 24.04g (26.71%), Cholesterol: 0mg (0%), Sodium: 0.56mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.11%), Vitamin C: 3.94mg (4.78%)