

Orange Glaze I



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

Ingredients



1 cup confectioners' sugar



1 tablespoon orange juice concentrate frozen thawed

Equipment

Directions

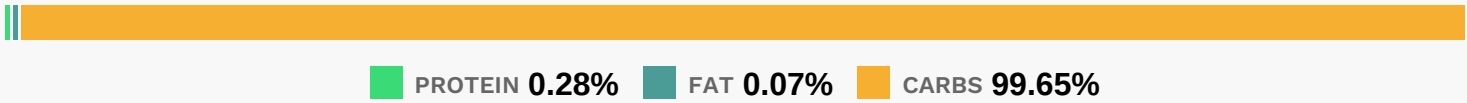


Mix all ingredients together well.

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Add more confectioner's sugar or orange juice to make the proper consistency for a barely pourable glaze.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.35782608171196%

Nutrients (% of daily need)

Calories: 81.45kcal (4.07%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 20.8g (7.56%), Sugar: 20.29g (22.55%), Cholesterol: 0mg (0%), Sodium: 0.57mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin C: 3.57mg (4.33%)