



Orange Glaze II

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.3 cup orange juice
- 0.7 cup sugar white

Equipment

- sauce pan

Directions

In a small saucepan, combine the butter, sugar and orange juice over medium heat. Stir frequently until the sugar and butter are dissolved.

Remove from the heat and pour over a warm cake.

Nutrition Facts

 **PROTEIN 0.43%**  **FAT 42.4%**  **CARBS 57.17%**

Properties

Glycemic Index:43.02, Glycemic Load:24.37, Inflammation Score:-3, Nutrition Score:1.50782607431%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 239.36kcal (11.97%), Fat: 11.65g (17.93%), Saturated Fat: 7.3g (45.61%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 35.32g (12.84%), Sugar: 35.01g (38.9%), Cholesterol: 30.5mg (10.17%), Sodium: 91.77mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin C: 10.33mg (12.53%), Vitamin A: 395.88IU (7.92%), Vitamin E: 0.34mg (2.25%), Folate: 6.63µg (1.66%), Potassium: 45.4mg (1.3%), Vitamin B1: 0.02mg (1.29%), Vitamin B2: 0.02mg (1.02%)