

## Six Flavor Glaze



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 teaspoon butter extract flavored
- ☐ 0.5 teaspoon coconut extract
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.5 teaspoon rum extract flavored
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 0.5 cup sugar white

# Equipment

☐

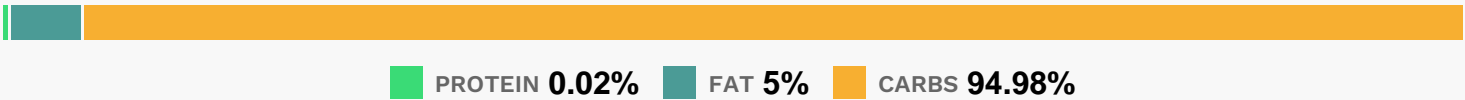
sauce pan

# Directions

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Combine sugar, water, extracts, and flavorings in a saucepan. Bring to a boil, stirring until sugar is dissolved. Spoon hot glaze over cake.

# Nutrition Facts



# Properties

Glycemic Index:60.05, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.18086956319926%

# Nutrients (% of daily need)

Calories: 210.77kcal (10.54%), Fat: 1.18g (1.81%), Saturated Fat: 0.64g (4.02%), Carbohydrates: 50.21g (16.74%), Net Carbohydrates: 50.21g (18.26%), Sugar: 50.31g (55.9%), Cholesterol: 2.69mg (0.9%), Sodium: 10.31mg (0.45%), Alcohol: 1.11g (100%), Alcohol %: 1.63% (100%), Protein: 0.01g (0.03%)