



Sticky Brown Sugar Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons water
- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 teaspoon ground mustard dry
- ☐ 1.5 cups brown sugar light packed
- ☐ 1.5 teaspoons pepper red for a mild version ()

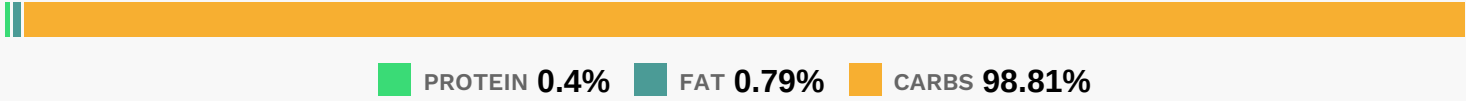
Equipment

- ☐ bowl
- ☐ whisk

Directions

In a medium bowl, whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.5939130255062%

Nutrients (% of daily need)

Calories: 256.41kcal (12.82%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 65.24g (21.75%), Net Carbohydrates: 64.98g (23.63%), Sugar: 64.13g (71.25%), Cholesterol: 0mg (0%), Sodium: 29.27mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Calcium: 58.72mg (5.87%), Manganese: 0.08mg (4.23%), Vitamin A: 178.02IU (3.56%), Iron: 0.63mg (3.48%), Potassium: 109mg (3.11%), Selenium: 1.76µg (2.51%), Magnesium: 8.85mg (2.21%), Copper: 0.04mg (2.09%), Vitamin B6: 0.04mg (2.06%), Vitamin E: 0.25mg (1.66%), Fiber: 0.26g (1.03%)