



## Sweet Chocolate Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

## Ingredients

- ☐ 3 ounces bittersweet chocolate chopped
- ☐ 3 tablespoons butter unsalted (if not keeping glaze pareve)
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons orange juice

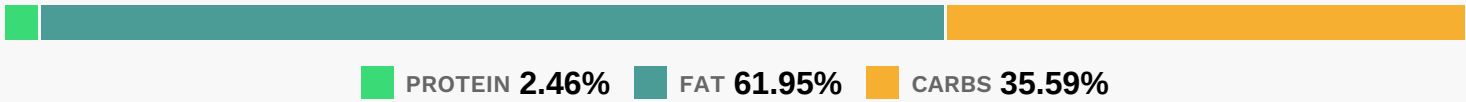
## Equipment

- ☐ sauce pan
- ☐ whisk

# Directions

☐ Cook all ingredients in a small heavy saucepan over low heat, whisking until smooth. Cool 5 minutes and then pour warm glaze over cake.

## Nutrition Facts



## Properties

Glycemic Index:30.52, Glycemic Load:6.96, Inflammation Score:-4, Nutrition Score:4.266956464104%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 238.99kcal (11.95%), Fat: 16.65g (25.62%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 19.8g (7.2%), Sugar: 17.86g (19.84%), Cholesterol: 1.28mg (0.43%), Sodium: 101.36mg (4.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 1.49g (2.97%), Manganese: 0.28mg (14.19%), Copper: 0.27mg (13.58%), Magnesium: 39.14mg (9.78%), Vitamin A: 411.72IU (8.23%), Vitamin C: 6.4mg (7.75%), Iron: 1.37mg (7.63%), Fiber: 1.73g (6.91%), Phosphorus: 59.86mg (5.99%), Potassium: 150.65mg (4.3%), Zinc: 0.57mg (3.8%), Vitamin E: 0.46mg (3.04%), Selenium: 1.85µg (2.65%), Calcium: 17.83mg (1.78%), Vitamin K: 1.54µg (1.47%), Vitamin B1: 0.02mg (1.29%), Vitamin B2: 0.02mg (1.17%), Vitamin B3: 0.23mg (1.16%)