



## Vanilla Glaze

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

## Ingredients

- 1 teaspoon butter
- 1.5 cups powdered sugar
- 2.5 teaspoons milk
- 0.1 teaspoon salt
- 0.3 teaspoon vanilla extract

## Equipment

## Directions

- Melt the butter and add to rest of ingredients.
- Mix until creamy.

## Nutrition Facts

 PROTEIN **0.24%**  FAT **5.25%**  CARBS **94.51%**

## Properties

Glycemic Index:22, Glycemic Load:0.06, Inflammation Score:1, Nutrition Score:0.21478260980676%

## Nutrients (% of daily need)

Calories: 186.61kcal (9.33%), Fat: 1.11g (1.71%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 45.09g (16.4%), Sugar: 44.19g (49.1%), Cholesterol: 3.06mg (1.02%), Sodium: 82.82mg (3.6%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Protein: 0.11g (0.23%)