



Balsamic-Glazed Oranges

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



121 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons brown sugar packed
- 2 oranges peeled cut into 1/4-inch-thick slices

Equipment

- sauce pan

Directions

- Combine sugar and vinegar in a small saucepan. Bring to a boil. Cook mixture until reduced to 2 tablespoons (about 1 minute), stirring constantly; remove the mixture from heat. Divide orange slices evenly between 2 salad plates.
- Drizzle each serving with 1 tablespoon vinegar glaze.
- Garnish with chopped mint, if desired.

Nutrition Facts

■ PROTEIN **4.19%**
■ FAT **1.12%**
■ CARBS **94.69%**

Properties

Glycemic Index:46.25, Glycemic Load:6.6, Inflammation Score:-6, Nutrition Score:7.1917392792909%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 121.25kcal (6.06%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 26.81g (9.75%), Sugar: 26.28g (29.2%), Cholesterol: 0mg (0%), Sodium: 7.04mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 39.42µg (9.85%), Potassium: 270.99mg (7.74%), Vitamin B1: 0.11mg (7.6%), Calcium: 66.68mg (6.67%), Vitamin A: 294.75IU (5.89%), Vitamin B6: 0.08mg (4.18%), Magnesium: 16.1mg (4.03%), Copper: 0.07mg (3.44%), Vitamin B5: 0.34mg (3.43%), Vitamin B2: 0.05mg (3.08%), Manganese: 0.06mg (3.07%), Phosphorus: 21.86mg (2.19%), Vitamin B3: 0.38mg (1.91%), Iron: 0.33mg (1.84%), Vitamin E: 0.24mg (1.57%), Selenium: 0.8µg (1.14%)