



Bishop



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 navel oranges
- ☐ 750 ml ruby port

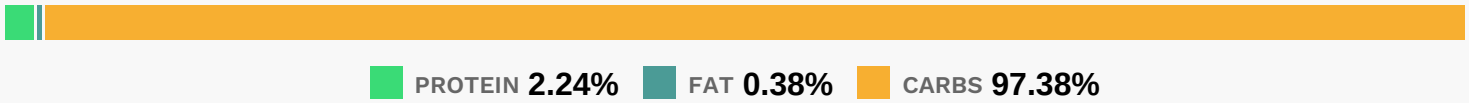
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ Stud orange with cloves and roast in a small shallow ceramic or glass baking dish until browned and soft, about 1 1/2 hours.
- ☐ Carefully quarter orange, then bring orange quarters and Port just to a simmer in a 2- to 2 1/2-quart saucepan.
- ☐ Remove from heat and serve warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:3.7065216860046%

Flavonoids

Petunidin: 12.61mg, Petunidin: 12.61mg, Petunidin: 12.61mg, Petunidin: 12.61mg Delphinidin: 7.42mg, Delphinidin: 7.42mg, Delphinidin: 7.42mg, Delphinidin: 7.42mg Malvidin: 180.37mg, Malvidin: 180.37mg, Malvidin: 180.37mg, Malvidin: 180.37mg Peonidin: 7.47mg, Peonidin: 7.47mg, Peonidin: 7.47mg, Peonidin: 7.47mg Catechin: 18.75mg, Catechin: 18.75mg, Catechin: 18.75mg Epicatechin: 14.38mg, Epicatechin: 14.38mg, Epicatechin: 14.38mg, Epicatechin: 14.38mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 321.48kcal (16.07%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 29.68g (10.79%), Sugar: 17.77g (19.75%), Cholesterol: 0mg (0%), Sodium: 17.47mg (0.76%), Alcohol: 29.1g (100%), Alcohol %: 16.38% (100%), Protein: 0.7g (1.4%), Vitamin C: 20.68mg (25.07%), Manganese: 0.24mg (11.82%), Potassium: 233.09mg (6.66%), Magnesium: 20.97mg (5.24%), Copper: 0.1mg (4.96%), Vitamin B1: 0.06mg (3.87%), Fiber: 0.77g (3.08%), Vitamin B2: 0.05mg (3.06%), Calcium: 30.27mg (3.03%), Folate: 11.9µg (2.97%), Iron: 0.5mg (2.79%), Vitamin B3: 0.55mg (2.77%), Phosphorus: 25.17mg (2.52%), Vitamin A: 86.45IU (1.73%), Vitamin B5: 0.15mg (1.52%), Vitamin B6: 0.03mg (1.38%), Selenium: 0.95µg (1.36%), Zinc: 0.16mg (1.07%)