



Bitter Chocolate-Almond Orangettes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



100

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon amaretto
- ☐ 7 ounces chocolate dark 85% chopped (two 3.5-ounce bars)
- ☐ 4 cups granulated sugar plus more for coating
- ☐ 6 medium navel oranges
- ☐ 1 cup slivered almonds

Equipment

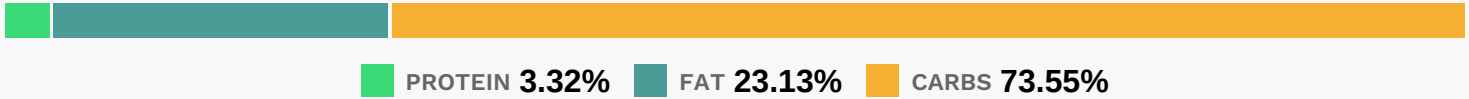
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Slice tops and bottoms off each orange. Score remaining peel into quarters.
- ☐ Remove each peel in four strips. Reserve oranges for another use.
- ☐ Cut strips lengthwise into 1/4-inch slices.
- ☐ Put orange peels in medium saucepan and add cold water to cover. Bring to boil over medium heat.
- ☐ Pour off water. Repeat one or two more times. (Blanching peels removes some of the bitterness.)
- ☐ Combine 4 cups sugar and 1 cup water in large saucepan. Bring to a simmer, and cook for 10 minutes.
- ☐ Add orange peels and continue to simmer until peels are slightly translucent, 45 minutes.
- ☐ Drain peels and toss with sugar to coat.
- ☐ Let peels dry on wire rack for 6 to 8 hours, or overnight.
- ☐ Preheat oven to 300°F.
- ☐ Spread slivered almonds on baking sheet and bake until golden and fragrant, 5 to 7 minutes.
- ☐ Transfer almonds to food processor and pulse until coarsely ground.
- ☐ Transfer ground almonds to shallow bowl.
- ☐ Place chocolate in heatproof bowl set over pan of simmering water.
- ☐ Heat, stirring frequently, until chocolate has melted.
- ☐ Remove bowl from heat and stir in amaretto.
- ☐ Dip each orange peel in chocolate and then roll in ground almonds.
- ☐ Transfer peels to wire rack and allow to stand until chocolate has hardened, 2 to 3 hours. Store orangettes in airtight container at room temperature for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:1.03, Glycemic Load:5.75, Inflammation Score:-1, Nutrition Score:1.2326086908579%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg, Hesperetin: 1.84mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 53.19kcal (2.66%), Fat: 1.42g (2.19%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 9.65g (3.51%), Sugar: 9.24g (10.26%), Cholesterol: 0.06mg (0.02%), Sodium: 0.58mg (0.03%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 0.46g (0.92%), Vitamin C: 4.96mg (6.02%), Manganese: 0.07mg (3.3%), Copper: 0.05mg (2.5%), Fiber: 0.54g (2.14%), Magnesium: 8.37mg (2.09%), Vitamin E: 0.3mg (2.01%), Iron: 0.29mg (1.62%), Phosphorus: 13.24mg (1.32%), Vitamin B2: 0.02mg (1.16%), Potassium: 36.22mg (1.03%)