



Brown Sugar-Balsamic Glazed Oranges

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



164 kcal

SIDE DISH

Ingredients

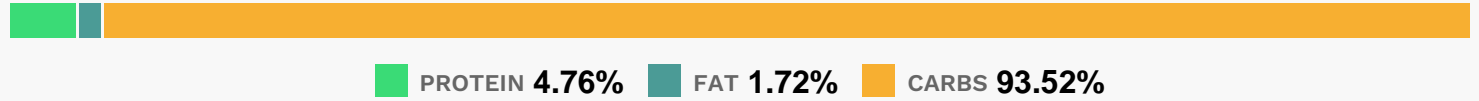
- 1 tablespoon balsamic vinegar
- 2 tablespoons brown sugar
- 1 pound navel oranges

Equipment

Directions

- Peel oranges, and cut each crosswise into 1/4-inch-thick slices. Divide oranges evenly between 2 plates.
- Combine brown sugar and vinegar; drizzle vinegar mixture over oranges. Cover and marinate in refrigerator 2 hours.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:10.326956436038%

Flavonoids

Hesperetin: 49.6mg, Hesperetin: 49.6mg, Hesperetin: 49.6mg, Hesperetin: 49.6mg Naringenin: 16.1mg, Naringenin: 16.1mg, Naringenin: 16.1mg, Naringenin: 16.1mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 163.77kcal (8.19%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 36.59g (13.3%), Sugar: 32.11g (35.68%), Cholesterol: 0mg (0%), Sodium: 7.47mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin C: 134.04mg (162.47%), Fiber: 4.99g (19.96%), Folate: 77.23µg (19.31%), Potassium: 401.4mg (11.47%), Vitamin A: 560.19IU (11.2%), Calcium: 109.64mg (10.96%), Vitamin B1: 0.15mg (10.28%), Vitamin B6: 0.18mg (9.2%), Vitamin B2: 0.12mg (6.8%), Magnesium: 26.99mg (6.75%), Vitamin B5: 0.61mg (6.08%), Phosphorus: 54.16mg (5.42%), Vitamin B3: 0.98mg (4.89%), Copper: 0.1mg (4.81%), Manganese: 0.08mg (4.2%), Iron: 0.44mg (2.43%), Vitamin E: 0.34mg (2.27%), Zinc: 0.19mg (1.28%)