



## Candied Kumquat Slices



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



1

CALORIES



685 kcal

SIDE DISH

### Ingredients

- ☐ 8 kumquats
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

### Equipment

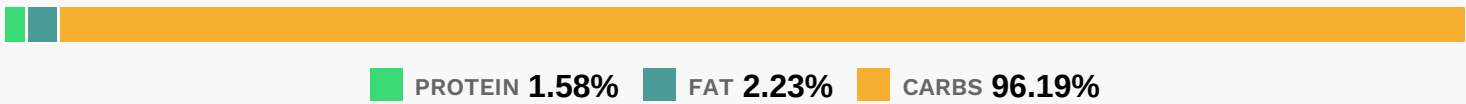
- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

☐ wax paper

## Directions

- ☐ Cut kumquats into 1/8-inch-thick slices. Stir together 1/2 cup sugar and water in a small heavy saucepan. Bring to a boil over medium heat. Reduce heat to medium-low, and stir in kumquat slices; simmer 10 minutes.
- ☐ Remove from heat; remove kumquat slices, 1 at a time, shaking off excess sugar-water mixture.
- ☐ Place kumquats in a bowl with 1/4 cup sugar; toss to coat.
- ☐ Transfer kumquats to wax paper. Cover loosely with plastic wrap, and let stand 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:140.18, Glycemic Load:104.72, Inflammation Score:-7, Nutrition Score:9.5143477346586%

## Flavonoids

Naringenin: 87.23mg, Naringenin: 87.23mg, Naringenin: 87.23mg, Naringenin: 87.23mg Apigenin: 33.24mg, Apigenin: 33.24mg, Apigenin: 33.24mg, Apigenin: 33.24mg

## Nutrients (% of daily need)

Calories: 685.42kcal (34.27%), Fat: 1.79g (2.75%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 173.57g (57.86%), Net Carbohydrates: 163.69g (59.52%), Sugar: 163.93g (182.14%), Cholesterol: 0mg (0%), Sodium: 22.61mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin C: 66.73mg (80.88%), Fiber: 9.88g (39.52%), Manganese: 0.21mg (10.56%), Calcium: 99.29mg (9.93%), Vitamin B2: 0.17mg (9.72%), Vitamin A: 440.8IU (8.82%), Copper: 0.17mg (8.69%), Potassium: 285.72mg (8.16%), Magnesium: 31.58mg (7.9%), Iron: 1.38mg (7.68%), Folate: 25.84µg (6.46%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.65mg (3.26%), Vitamin B5: 0.32mg (3.16%), Phosphorus: 28.88mg (2.89%), Vitamin B6: 0.05mg (2.74%), Zinc: 0.29mg (1.9%), Vitamin E: 0.23mg (1.52%), Selenium: 0.9µg (1.29%)