



## Candied Kumquats

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



3

CALORIES



620 kcal

SIDE DISH

### Ingredients

- 4 cups kumquats roughly chopped (roughly)
- 1 cup water
- 2 cups sugar

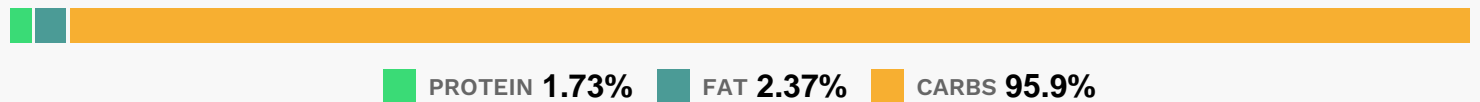
### Equipment

- bowl
- frying pan
- knife
- sieve

## Directions

- With a pairing knife roughly chop the kumquats. Discard any seeds you can that are easy to get too, but they're edible so don't fret if some get chopped up or stay in the fruit. Feel free to leave any small kumquats whole.
- Heat the water and sugar over high heat until it comes to a boil. Simmer for 4 minutes.
- Add the kumquats and simmer for 10 minutes.
- Drain the kumquats through a sieve set over a bowl. Return the syrup to the pan and simmer for 5 minutes to reduce the syrup.
- Combine the kumquats and 1/4 cup of the syrup together.
- Serve or jar and refrigerate. Can be stored for up to two weeks.

## Nutrition Facts



## Properties

Glycemic Index:23.36, Glycemic Load:93.08, Inflammation Score:-7, Nutrition Score:9.386086795641%

## Flavonoids

Naringenin: 86.47mg, Naringenin: 86.47mg, Naringenin: 86.47mg, Naringenin: 86.47mg Apigenin: 32.95mg, Apigenin: 32.95mg, Apigenin: 32.95mg, Apigenin: 32.95mg

## Nutrients (% of daily need)

Calories: 620.31kcal (31.02%), Fat: 1.72g (2.65%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 156.76g (52.25%), Net Carbohydrates: 146.96g (53.44%), Sugar: 147.17g (163.52%), Cholesterol: 0mg (0%), Sodium: 20.34mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin C: 66.14mg (80.17%), Fiber: 9.79g (39.17%), Manganese: 0.21mg (10.44%), Calcium: 97.11mg (9.71%), Vitamin B2: 0.16mg (9.47%), Vitamin A: 436.93IU (8.74%), Copper: 0.17mg (8.25%), Potassium: 282.91mg (8.08%), Magnesium: 30.92mg (7.73%), Iron: 1.36mg (7.57%), Folate: 25.61µg (6.4%), Vitamin B1: 0.06mg (3.72%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.31mg (3.13%), Phosphorus: 28.63mg (2.86%), Vitamin B6: 0.05mg (2.71%), Zinc: 0.28mg (1.85%), Vitamin E: 0.23mg (1.51%), Selenium: 0.8µg (1.14%)