



Candied Mandarin Oranges with Cranberries



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cranberries fresh frozen thawed (or ,)
- ☐ 3 tablespoons st-germain (elderflower liqueur)
- ☐ 3 cups sugar

Equipment

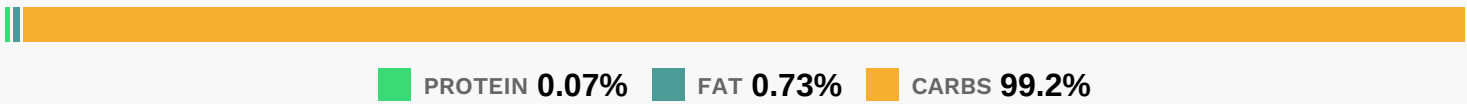
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ aluminum foil

- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Using a sharp paring knife, slice tops and bottoms from oranges.
- ☐ Cut off peel and white pith. Set aside.
- ☐ Bring sugar and 3 cups water to a boil in a large saucepan over medium-high heat, stirring to dissolve sugar.
- ☐ Add St-Germain and oranges.
- ☐ Remove from heat; cover and let stand overnight at room temperature.
- ☐ Preheat broiler. Line a rimmed baking sheet with foil. Using a slotted spoon, transfer oranges from saucepan to prepared sheet; reserve syrup. Broil until oranges are browned in spots, 3-4 minutes per side.
- ☐ Transfer to a platter; set aside.
- ☐ Place cranberries in a small saucepan.
- ☐ Add enough syrup from oranges to cover, reserving the remaining syrup for another use. Bring to a boil; reduce heat to medium and simmer until berries are soft and begin to burst, 5-7 minutes. DO AHEAD: oranges and cranberries can be prepared 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Spoon cranberries with juices over caramelized mandarins.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.51, Glycemic Load:42.26, Inflammation Score:0, Nutrition Score:0.44043478377811%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin:

4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 251.72kcal (12.59%), Fat: 0.2g (0.32%), Saturated Fat: 0g (0.01%), Carbohydrates: 62.68g (20.89%), Net Carbohydrates: 62.32g (22.66%), Sugar: 62.01g (68.9%), Cholesterol: 0mg (0%), Sodium: 0.8mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Manganese: 0.04mg (1.92%), Vitamin C: 1.4mg (1.7%), Fiber: 0.36g (1.44%)