



Candied Orange Rind



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



698 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup plus light
- ☐ 2 large oranges
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 3 servings sugar
- ☐ 1 cup water
- ☐ 2 cups water

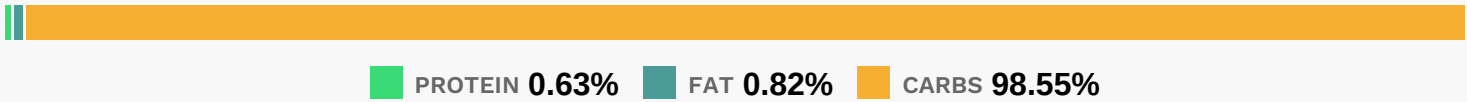
Equipment

- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Peel oranges, reserving orange sections for another use. Scrape off and discard white portion of rind.
- ☐ Bring orange rind, 2 cups water, and salt to a boil in a medium saucepan. Reduce heat; boil 30 minutes.
- ☐ Drain.
- ☐ Add enough water to cover rind, and boil 10 more minutes.
- ☐ Drain and cool. Scrape and discard any excess white portion from orange rind.
- ☐ Cut rind into 1/4-inch strips. Set aside.
- ☐ Combine 2 cups sugar, 1 cup water, and corn syrup in a medium saucepan. Cook over medium heat, stirring constantly, until mixture reaches soft ball stage or candy thermometer registers 23
- ☐ Add rind, and cook 5 minutes or until rind is translucent; drain. Toss rind with sugar.
- ☐ large grapefruit may be substituted.

Nutrition Facts



Properties

Glycemic Index:67.23, Glycemic Load:110.51, Inflammation Score:-5, Nutrition Score:6.8986955570138%

Flavonoids

Hesperetin: 33.43mg, Hesperetin: 33.43mg, Hesperetin: 33.43mg, Hesperetin: 33.43mg Naringenin: 18.79mg, Naringenin: 18.79mg, Naringenin: 18.79mg, Naringenin: 18.79mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 697.61kcal (34.88%), Fat: 0.67g (1.03%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 181.05g (60.35%), Net Carbohydrates: 178.11g (64.77%), Sugar: 178.34g (198.15%), Cholesterol: 0mg (0%), Sodium: 806.06mg

(35.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin C: 65.26mg (79.1%), Fiber: 2.94g (11.78%), Folate: 36.8µg (9.2%), Vitamin B1: 0.12mg (8.23%), Potassium: 225.38mg (6.44%), Calcium: 61.79mg (6.18%), Vitamin A: 276IU (5.52%), Copper: 0.1mg (5.19%), Vitamin B2: 0.08mg (4.51%), Magnesium: 14.94mg (3.73%), Vitamin B6: 0.07mg (3.68%), Vitamin B5: 0.31mg (3.07%), Selenium: 1.69µg (2.41%), Manganese: 0.04mg (1.92%), Vitamin B3: 0.35mg (1.73%), Phosphorus: 17.17mg (1.72%), Zinc: 0.25mg (1.67%), Vitamin E: 0.22mg (1.47%), Iron: 0.2mg (1.12%)