



Candied Orange Slices with Ganache Dipping Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



513 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon grand marnier orange-flavored (liqueur)
- ☐ 2.5 cups granulated sugar
- ☐ 2 tablespoons milk 2%
- ☐ 2 inch orange sections unpeeled (2 oranges)
- ☐ 1 Dash salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 2 cups sugar

☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ wire rack
- ☐ microwave
- ☐ slotted spoon
- ☐ candy thermometer

Directions

- ☐ To prepare oranges, place orange slices in a medium saucepan; cover with water. Bring to a boil; drain orange slices on paper towels.
- ☐ Combine sugars, 1 1/2 cups water, liqueur, and salt in a medium saucepan. Bring to a boil (do not stir); reduce heat and simmer, without stirring, until a candy thermometer registers 220 (about 8 minutes).
- ☐ Add orange slices; simmer, without stirring, 45 minutes or until peel becomes translucent.
- ☐ Remove orange slices from syrup with a slotted spoon; drain on parchment paper for 5 minutes or until cool enough to handle.
- ☐ Place on a wire rack, and cool completely.
- ☐ Cut orange slices into quarters.
- ☐ To prepare ganache, place milk in small microwave-safe bowl. Microwave at HIGH for 1 minute.
- ☐ Add chocolate chips; let stand 5 minutes, stirring occasionally until chocolate melts.
- ☐ Serve orange wedges with ganache.

Nutrition Facts



☐ PROTEIN 0.63% ☐ FAT 7.94% ☐ CARBS 91.43%

Properties

Glycemic Index:14.07, Glycemic Load:43.66, Inflammation Score:-1, Nutrition Score:2.1213043474633%

Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg

Nutrients (% of daily need)

Calories: 513.21kcal (25.66%), Fat: 4.59g (7.06%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 118.91g (39.64%), Net Carbohydrates: 117.99g (42.91%), Sugar: 116.95g (129.95%), Cholesterol: 0.98mg (0.32%), Sodium: 12.23mg (0.53%), Alcohol: 0.49g (100%), Alcohol %: 0.35% (100%), Caffeine: 10.16mg (3.39%), Protein: 0.82g (1.64%), Manganese: 0.18mg (8.78%), Copper: 0.16mg (7.88%), Magnesium: 21.78mg (5.44%), Iron: 0.93mg (5.17%), Fiber: 0.92g (3.66%), Phosphorus: 33.4mg (3.34%), Potassium: 86.5mg (2.47%), Zinc: 0.34mg (2.29%), Selenium: 1.42µg (2.03%), Calcium: 19.71mg (1.97%), Vitamin B2: 0.02mg (1.46%)