



## Candied Oranges

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



90 min.

SERVINGS



10

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 2 large navel oranges thinly sliced
- 2 cups sugar
- 0.5 vanilla pod split

### Equipment

- bowl
- frying pan
- paper towels
- sauce pan

- baking paper
- sieve
- slotted spoon
- tongs

## Directions

- Bring 4 cups water to a boil in a 3- to 3 1/2-qt. saucepan over medium-high heat.
- Add oranges. Return to a boil; cook 5 minutes.
- Transfer oranges to a parchment paper-lined jelly-roll pan, using a slotted spoon; discard water.
- Combine sugar and 2 cups water in saucepan. Scrape seeds from vanilla bean into water; add vanilla bean to water. Bring to a boil over medium-high heat, stirring occasionally, until sugar is dissolved.
- Add orange slices. Return to a boil; cover, reduce heat to medium, and simmer 10 minutes. Uncover and cook, stirring occasionally, 35 to 45 minutes or until rinds are softened and translucent.
- Remove oranges, using tongs; arrange on parchment paper-lined jelly-roll pan, folding oranges as desired. Blot with paper towels.
- Pour syrup through a fine wire-mesh strainer into a bowl, reserving syrup and vanilla bean for another use. Discard solids.
- Let oranges stand 15 minutes.

## Nutrition Facts

 PROTEIN **0.58%**  FAT **1.06%**  CARBS **98.36%**

## Properties

Glycemic Index:7.01, Glycemic Load:27.92, Inflammation Score:-1, Nutrition Score:1.6334782450095%

## Flavonoids

Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 168.31kcal (8.42%), Fat: 0.21g (0.32%), Saturated Fat: 0g (0.03%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 42.8g (15.56%), Sugar: 42.3g (47%), Cholesterol: 0mg (0%), Sodium: 0.68mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Vitamin C: 16.55mg (20.06%), Fiber: 0.62g (2.46%), Folate: 9.52µg (2.38%), Vitamin A: 69.16IU (1.38%), Potassium: 47.28mg (1.35%), Vitamin B2: 0.02mg (1.29%), Vitamin B1: 0.02mg (1.27%), Calcium: 12.44mg (1.24%), Vitamin B6: 0.02mg (1.11%)