



## Candied Satsuma Peel

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 satsuma oranges
- 2.5 cups sugar divided
- 0.8 cup water

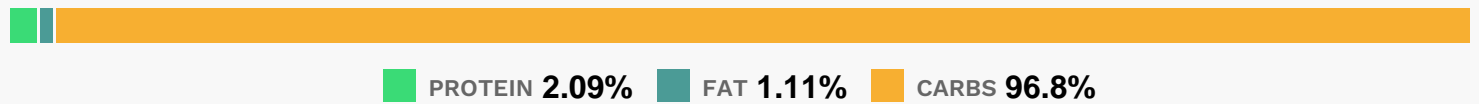
### Equipment

- bowl
- paper towels
- sauce pan
- sieve

## Directions

- Peel oranges; scrape white pith from rind. Reserve orange sections for another use.
- Cut rind into 1/4-inch strips.
- Combine 1 1/2 cups sugar and 3/4 cup water in a medium saucepan over medium heat; cook 2 minutes or until sugar dissolves, stirring constantly. Stir in rind; cover, reduce heat, and simmer 3 minutes.
- Remove from heat; cool completely. Strain rind mixture through a sieve into a bowl. Discard liquid. Pat rind dry with paper towels.
- Place remaining 1 cup sugar and rind in a medium bowl, tossing well to coat.

## Nutrition Facts



## Properties

Glycemic Index:3.52, Glycemic Load:12.87, Inflammation Score:-2, Nutrition Score:2.6008695707373%

## Flavonoids

Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg Naringenin: 7.53mg, Naringenin: 7.53mg, Naringenin: 7.53mg, Naringenin: 7.53mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 83.25kcal (4.16%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 20.18g (7.34%), Sugar: 20.19g (22.43%), Cholesterol: 0mg (0%), Sodium: 0.43mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 26.13mg (31.68%), Fiber: 1.18g (4.72%), Folate: 14.74µg (3.68%), Vitamin B1: 0.04mg (2.85%), Potassium: 89.23mg (2.55%), Vitamin A: 110.53IU (2.21%), Calcium: 19.97mg (2%), Vitamin B6: 0.03mg (1.47%), Vitamin B2: 0.02mg (1.33%), Magnesium: 4.97mg (1.24%), Vitamin B5: 0.12mg (1.23%), Copper: 0.02mg (1.2%)