



Caramelized Clementines



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 clementines peeled
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup liqueur dark orange-flavored (or rum)
- ☐ 0.3 cup pomegranate seeds
- ☐ 1 cup sugar

Equipment

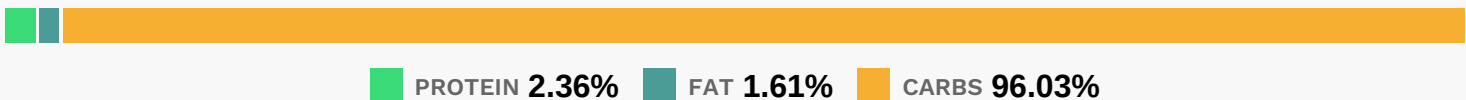
- ☐ bowl
- ☐ frying pan

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

Directions

- ☐ Loosen segments of each clementine from the top without detaching from the stem end.
- ☐ Place in a bowl.
- ☐ Sprinkle on liqueur. Cover; refrigerate 30 minutes. To start the sauce, bring 1/3 cup sugar, lemon juice and 1/3 cup water to a boil in a small saucepan over medium heat. Simmer, stirring, until liquid is clear.
- ☐ Remove from heat; set aside. Line baking sheet with foil. To make the shards, stir remaining 2/3 cup sugar and 1/4 cup water in a medium saucepan over medium heat until sugar is moistened. Bring to a boil, washing down sides of pan with a brush dipped in cold water, until syrup turns a golden caramel color.
- ☐ Remove from heat.
- ☐ Pour half the caramel onto baking sheet; set aside about 30 minutes to harden. To finish the sauce, add sugar–lemon syrup to remaining caramel in pan. Simmer, stirring often, until caramel dissolves.
- ☐ Transfer to a bowl; cool 15 minutes.
- ☐ Pour over clementines. Cover; refrigerate at least 2 hours. Break hardened caramel into shards; store in an airtight container until ready to serve. Before serving, garnish fruit with caramel shards and pomegranate seeds.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:34.63, Inflammation Score:-4, Nutrition Score:7.364782753603%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 240.93kcal (12.05%), Fat: 0.42g (0.65%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 56.49g (18.83%), Net Carbohydrates: 53.68g (19.52%), Sugar: 51.75g (57.5%), Cholesterol: 0mg (0%), Sodium: 2.07mg (0.09%), Alcohol: 3.98g (100%), Alcohol %: 2.48% (100%), Protein: 1.39g (2.78%), Vitamin C: 74.86mg (90.73%), Fiber: 2.8g (11.22%), Folate: 39.12µg (9.78%), Vitamin B1: 0.13mg (8.87%), Potassium: 283.9mg (8.11%), Vitamin B6: 0.12mg (5.92%), Vitamin B3: 0.97mg (4.83%), Calcium: 45.72mg (4.57%), Magnesium: 15.92mg (3.98%), Copper: 0.08mg (3.88%), Phosphorus: 33.94mg (3.39%), Vitamin B2: 0.06mg (3.24%), Vitamin B5: 0.26mg (2.56%), Vitamin E: 0.34mg (2.3%), Manganese: 0.04mg (2.21%), Iron: 0.25mg (1.38%), Vitamin K: 1.12µg (1.07%)