



Chili-Orange Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



12 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons california chilies dried
- ☐ 1 teaspoon ground cumin
- ☐ 1 can orange juice concentrate frozen thawed (12 oz.;
- ☐ 2 tablespoons orange peel grated

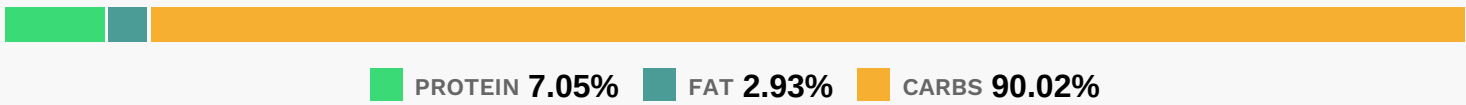
Equipment

- ☐ bowl
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ In a small bowl, combine ground chilies, orange juice concentrate, orange peel, and cumin.
- ☐ When turkey has about 20 more minutes to cook (the breast temperature at the bone will be about 150 for birds up to 18 lb., about 155 for birds over 18 lb.), coat generously with the chili-orange glaze.
- ☐ Continue to cook until the meat thermometer registers 16
- ☐ If glaze starts to get quite dark, drape dark areas with foil.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.2400000087269%

Nutrients (% of daily need)

Calories: 11.75kcal (0.59%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.62g (0.95%), Sugar: 2.19g (2.43%), Cholesterol: 0mg (0%), Sodium: 0.76mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin C: 13mg (15.76%), Folate: 5.94µg (1.48%), Potassium: 51.53mg (1.47%), Vitamin B1: 0.02mg (1.43%), Vitamin B6: 0.03mg (1.35%)