

Gingered Clementines

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

- 4 to 6 and clementines peeled sliced
- 2 slices ginger fresh peeled (1/4-inch-thick)
- 4 servings gingersnaps
- 4 servings try build-a-meal
- 0.3 cup sugar

Equipment

- sauce pan

Directions

- Bring sugar, ginger, and 3 Tbsp. water to a boil in a small saucepan over high heat; cook 2 minutes, stirring occasionally.
- Remove from heat; discard ginger.
- Pour syrup over clementine sections.
- Serve with gingersnaps. Note: Clementines will not have juice to add to the syrup, but there will still be enough syrup at the end of Step 1 to coat fruit.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:14.1, Inflammation Score:-2, Nutrition Score:3.9821739695642%

Nutrients (% of daily need)

Calories: 91.11kcal (4.56%), Fat: 0.28g (0.44%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.45g (7.8%), Sugar: 19.49g (21.66%), Cholesterol: 0mg (0%), Sodium: 6.55mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Vitamin C: 36.16mg (43.83%), Fiber: 1.53g (6.1%), Manganese: 0.1mg (5.12%), Folate: 18.89µg (4.72%), Vitamin B1: 0.07mg (4.59%), Potassium: 146.14mg (4.18%), Vitamin B6: 0.06mg (3.1%), Vitamin B3: 0.57mg (2.83%), Magnesium: 10.8mg (2.7%), Calcium: 23.82mg (2.38%), Phosphorus: 23.03mg (2.3%), Copper: 0.05mg (2.25%), Vitamin B2: 0.03mg (1.81%), Iron: 0.24mg (1.35%), Vitamin B5: 0.13mg (1.33%), Vitamin E: 0.17mg (1.16%), Selenium: 0.72µg (1.02%)