



Gingered Oranges

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- 2 slices ginger fresh peeled (1/4-inch-thick)
- 4 servings gingersnaps
- 4 large navel oranges
- 0.3 cup sugar

Equipment

- bowl
- sauce pan

Directions

- Peel and section oranges over a bowl, reserving juice; place orange sections on a serving plate.
- Bring sugar, ginger, 3 Tbsp. water, and reserved juice to a boil in a small saucepan over high heat; cook 2 minutes, stirring occasionally.
- Remove from heat; discard ginger.
- Pour syrup over orange sections.
- Serve with gingersnaps.
- Try This Twist! Gingered Clementines: Substitute 4 to 6 peeled and sliced clementines for oranges. Proceed with recipe as directed, beginning with Step 2 (without reserved juice).
- Note: Clementines will not have juice to add to the syrup, but there will still be enough syrup at the end of Step 2 to coat fruit.

Nutrition Facts



■ PROTEIN 4.07% ■ FAT 2.42% ■ CARBS 93.51%

Properties

Glycemic Index:21.27, Glycemic Load:8.75, Inflammation Score:-6, Nutrition Score:8.0634782477889%

Flavonoids

Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 121.68kcal (6.08%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 27.83g (10.12%), Sugar: 24.59g (27.32%), Cholesterol: 0mg (0%), Sodium: 7.2mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin C: 82.79mg (100.35%), Fiber: 3.12g (12.49%), Folate: 48.58µg (12.15%), Vitamin A: 345.82IU (6.92%), Potassium: 240.26mg (6.86%), Vitamin B1: 0.1mg (6.5%), Calcium: 61.26mg (6.13%), Vitamin B6: 0.11mg (5.66%), Vitamin B2: 0.08mg (4.53%), Magnesium: 16.32mg (4.08%), Vitamin B5: 0.37mg (3.71%), Phosphorus: 33.37mg (3.34%), Vitamin B3: 0.63mg (3.17%), Copper: 0.06mg (3.04%), Manganese: 0.06mg (2.95%), Vitamin E: 0.22mg (1.48%), Iron: 0.26mg (1.43%)