



Grand Oranges



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



429 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 large navel oranges peeled
- ☐ 0.3 cup orange liqueur
- ☐ 12 ounce orange marmalade
- ☐ 6 servings garnish: orange rind strips
- ☐ 0.5 cup sugar

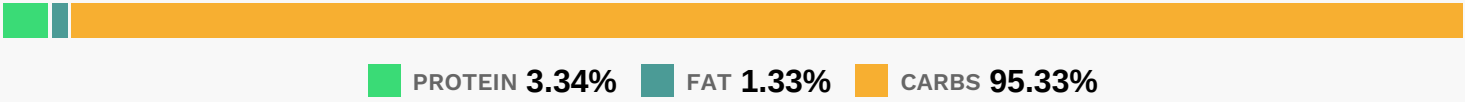
Equipment

- ☐ sauce pan

Directions

- ☐ Cook sugar and orange marmalade in a small saucepan over medium heat until sugar dissolves; allow mixture to cool slightly.
- ☐ Stir together sugar mixture, orange liqueur, and orange sections. Cover and chill 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-9, Nutrition Score:15.11521727365%

Flavonoids

Hesperetin: 81.65mg, Hesperetin: 81.65mg, Hesperetin: 81.65mg, Hesperetin: 81.65mg Naringenin: 26.51mg, Naringenin: 26.51mg, Naringenin: 26.51mg, Naringenin: 26.51mg Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 428.51kcal (21.43%), Fat: 0.67g (1.03%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 107.17g (35.72%), Net Carbohydrates: 97.29g (35.38%), Sugar: 85.55g (95.06%), Cholesterol: 0mg (0%), Sodium: 36.8mg (1.6%), Alcohol: 2.56g (100%), Alcohol %: 0.69% (100%), Protein: 3.76g (7.51%), Vitamin C: 239.68mg (290.52%), Fiber: 9.88g (39.53%), Folate: 135.64µg (33.91%), Calcium: 201.66mg (20.17%), Vitamin A: 1007.69IU (20.15%), Potassium: 669.44mg (19.13%), Vitamin B1: 0.27mg (18.1%), Vitamin B6: 0.33mg (16.34%), Vitamin B2: 0.22mg (12.92%), Magnesium: 45.14mg (11.28%), Copper: 0.21mg (10.64%), Vitamin B5: 1.04mg (10.42%), Phosphorus: 91.24mg (9.12%), Vitamin B3: 1.74mg (8.69%), Manganese: 0.12mg (6.1%), Vitamin E: 0.62mg (4.16%), Iron: 0.68mg (3.78%), Zinc: 0.36mg (2.37%)