



Grand Oranges and Strawberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups sparkling grape juice white chilled
- ☐ 10 navel oranges peeled
- ☐ 0.3 cup orange liqueur
- ☐ 0.5 cup orange marmalade
- ☐ 2 cups strawberries fresh sliced

Equipment

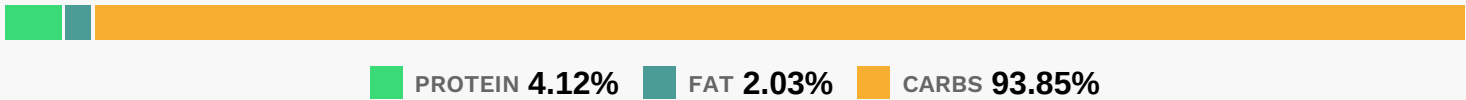
- ☐ bowl
- ☐ sauce pan

☐ slotted spoon

Directions

- ☐ Melt marmalade in a small saucepan over low heat, stirring constantly; remove from heat, and let cool slightly.
- ☐ Stir together marmalade, white grape juice, and orange liqueur in a large serving dish or bowl until blended.
- ☐ Add orange sections, and gently stir. Cover and chill 8 hours.
- ☐ Add strawberries to oranges in bowl, and gently stir.
- ☐ Serve with a slotted spoon.
- ☐ NOTE: For testing purposes only, we used Grand Marnier for orange liqueur.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:8.5117391619993%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Malvidin: 3.53mg, Malvidin: 3.53mg, Malvidin: 3.53mg, Malvidin: 3.53mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 25.51mg, Hesperetin: 25.51mg, Hesperetin: 25.51mg, Hesperetin: 25.51mg Naringenin: 8.35mg, Naringenin: 8.35mg, Naringenin: 8.35mg, Naringenin: 8.35mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 131.76kcal (6.59%), Fat: 0.3g (0.47%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 28.36g (10.31%), Sugar: 25.16g (27.96%), Cholesterol: 0mg (0%), Sodium: 10.85mg (0.47%), Alcohol: 1.28g (100%), Alcohol %: 0.85% (100%), Protein: 1.38g (2.77%), Vitamin C: 83.73mg (101.5%), Fiber: 3.2g (12.81%), Folate: 46.63µg (11.66%), Manganese: 0.21mg (10.28%), Potassium: 269.68mg (7.71%), Calcium: 62.6mg (6.26%), Vitamin B1: 0.09mg (6.09%), Vitamin A: 301.84IU (6.04%), Vitamin B6: 0.12mg (5.8%), Magnesium: 19.53mg (4.88%), Vitamin B2: 0.07mg (4.32%), Copper: 0.08mg (3.83%), Phosphorus: 37.85mg (3.78%), Vitamin B5: 0.35mg (3.52%), Vitamin B3: 0.64mg (3.22%), Iron: 0.35mg (1.96%), Vitamin E: 0.25mg (1.68%), Zinc: 0.16mg (1.04%)