



Italian Caramelized Oranges



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

Ingredients

- 1 tablespoon plus
- 1 teaspoon juice of lemon fresh
- 0.3 cup orange juice fresh
- 1 tablespoon orange liqueur
- 6 small oranges
- 1 cup sugar
- 0.3 cup water

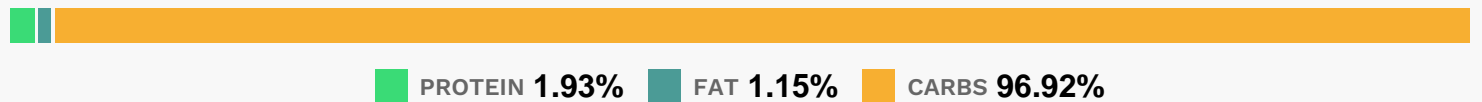
Equipment

- bowl
- sauce pan

Directions

- Grate oranges to equal 2 teaspoons grated rind; set rind aside.
- Peel oranges.
- Remove and discard white pith; separate into sections.
- Place orange sections in a heatproof serving bowl; set aside.
- Cook sugar, 1/4 cup water, and corn syrup in a heavy saucepan over medium heat, stirring often until sugar dissolves.
- Increase heat to medium high, and bring mixture to a boil. Boil, without stirring, 8 to 12 minutes or until syrup is a pale golden-amber color. Carefully stir in orange juice, lemon juice, and orange rind. (
- Mixture will harden.) Cook, stirring constantly, 3 minutes or until mixture returns to liquid consistency.
- Remove from heat, and immediately pour hot syrup over orange sections.
- Let cool to room temperature. Stir in liqueur. Cover and chill 8 hours. Gently stir oranges before serving.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:28.19, Inflammation Score:-5, Nutrition Score:5.59608688084%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 27.52mg, Hesperetin: 27.52mg, Hesperetin: 27.52mg, Hesperetin: 27.52mg Naringenin: 14.94mg, Naringenin: 14.94mg, Naringenin: 14.94mg, Naringenin: 14.94mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 196.36kcal (9.82%), Fat: 0.26g (0.4%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 46.95g (17.07%), Sugar: 46.75g (51.95%), Cholesterol: 0mg (0%), Sodium: 3.41mg (0.15%), Alcohol: 0.65g (100%), Alcohol %: 0.53% (100%), Protein: 0.98g (1.96%), Vitamin C: 56.56mg (68.56%), Fiber: 2.33g (9.31%), Folate: 32.07µg (8.02%), Vitamin B1: 0.1mg (6.35%), Potassium: 196.74mg (5.62%), Vitamin A: 236.72IU (4.73%), Calcium: 40.72mg (4.07%), Vitamin B6: 0.06mg (3.11%), Vitamin B2: 0.05mg (2.84%), Magnesium: 11mg (2.75%), Copper: 0.05mg (2.64%), Vitamin B5: 0.26mg (2.61%), Vitamin B3: 0.32mg (1.58%), Phosphorus: 15.41mg (1.54%), Manganese: 0.03mg (1.37%), Vitamin E: 0.18mg (1.19%), Selenium: 0.72µg (1.03%)