



 **100%**
HEALTH SCORE

Kumquat and Bay Leaf Tree

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



60 min.

SERVINGS



1

CALORIES



1327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds kumquats
- 1 serving round steak
- 0.5 ounce bay leaf fresh
- 1 frangelico green

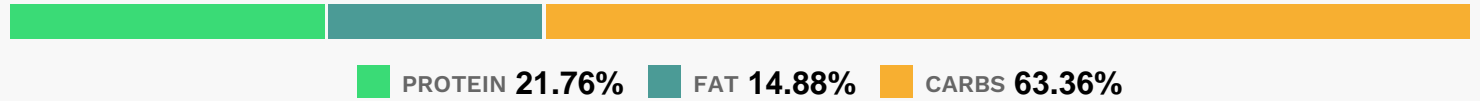
Equipment

- toothpicks

Directions

- Push each kumquat onto end of toothpick; spear bay leaf with other end of toothpick.
- Push toothpicks into foam pyramid (with bay leaves against pyramid), starting at top and working downward in spiral fashion, until pyramid is completely filled.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:72.472174012143%

Flavonoids

Naringenin: 780.95mg, Naringenin: 780.95mg, Naringenin: 780.95mg, Naringenin: 780.95mg Apigenin: 297.6mg, Apigenin: 297.6mg, Apigenin: 297.6mg, Apigenin: 297.6mg

Nutrients (% of daily need)

Calories: 1326.92kcal (66.35%), Fat: 23.69g (36.45%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 226.99g (75.66%), Net Carbohydrates: 134.81g (49.02%), Sugar: 127.37g (141.52%), Cholesterol: 142.38mg (47.46%), Sodium: 268.16mg (11.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.94g (155.88%), Vitamin C: 603.97mg (732.09%), Fiber: 92.18g (368.71%), Manganese: 3.03mg (151.32%), Iron: 22.59mg (125.49%), Vitamin B6: 2.24mg (112.08%), Vitamin B3: 21.72mg (108.59%), Calcium: 1007.1mg (100.71%), Vitamin B2: 1.65mg (97.22%), Potassium: 3401.55mg (97.19%), Vitamin A: 4822.96IU (96.46%), Selenium: 65.03µg (92.9%), Magnesium: 345.67mg (86.42%), Zinc: 12.53mg (83.55%), Copper: 1.58mg (79%), Phosphorus: 776.29mg (77.63%), Folate: 286.23µg (71.56%), Vitamin B12: 4.27µg (71.19%), Vitamin B1: 0.72mg (47.96%), Vitamin B5: 4.36mg (43.56%), Vitamin E: 2.72mg (18.13%), Vitamin K: 2.71µg (2.58%), Vitamin D: 0.23µg (1.51%)