



## Kumquat Confit

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

### Ingredients

- 8 oz kumquats
- 1 cup sugar
- 0.5 cup water

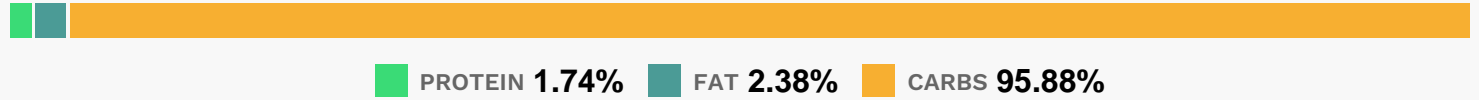
### Equipment

- bowl
- sauce pan

## Directions

- Cut kumquats into thin slices, and place in a medium bowl.
- Combine sugar and water in a small saucepan; bring to a boil over medium-high heat, stirring often. Boil, stirring often, 1 minute.
- Pour mixture over kumquats; let stand at room temperature 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.52, Glycemic Load:34.91, Inflammation Score:-4, Nutrition Score:3.5326086878777%

## Flavonoids

Naringenin: 32.54mg, Naringenin: 32.54mg, Naringenin: 32.54mg, Naringenin: 32.54mg Apigenin: 12.4mg, Apigenin: 12.4mg, Apigenin: 12.4mg, Apigenin: 12.4mg

## Nutrients (% of daily need)

Calories: 232.76kcal (11.64%), Fat: 0.65g (1%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 58.82g (19.61%), Net Carbohydrates: 55.13g (20.05%), Sugar: 55.21g (61.34%), Cholesterol: 0mg (0%), Sodium: 7.65mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin C: 24.89mg (30.17%), Fiber: 3.69g (14.74%), Manganese: 0.08mg (3.93%), Calcium: 36.54mg (3.65%), Vitamin B2: 0.06mg (3.56%), Vitamin A: 164.43IU (3.29%), Copper: 0.06mg (3.1%), Potassium: 106.46mg (3.04%), Magnesium: 11.64mg (2.91%), Iron: 0.51mg (2.85%), Folate: 9.64µg (2.41%), Vitamin B1: 0.02mg (1.4%), Vitamin B3: 0.24mg (1.22%), Vitamin B5: 0.12mg (1.18%), Phosphorus: 10.77mg (1.08%), Vitamin B6: 0.02mg (1.02%)