



Kumquats in Spiced Syrup with Cloves, Cinnamon, and Star Anise



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brandy divided
- ☐ 3 sticks cinnamon divided (3-inch)
- ☐ 8 cups kumquats
- ☐ 3 star anise divided
- ☐ 2 cups sugar
- ☐ 1 vanilla pod divided halved lengthwise
- ☐ 4 cups water

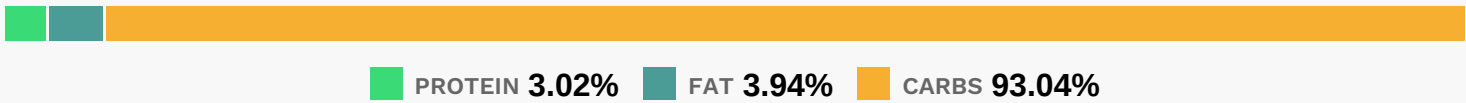
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ skewers
- ☐ slotted spoon

Directions

- ☐ Pierce each kumquat several times with a wooden skewer.
- ☐ Combine water and sugar in a large saucepan; bring to a boil, stirring until sugar dissolves.
- ☐ Add 3 cloves, 1 cinnamon stick, and 1 star anise. Reduce heat, and simmer 5 minutes.
- ☐ Add kumquats, and simmer 20 minutes or until tender.
- ☐ Using a slotted spoon, remove the kumquats from pan, and divide evenly between 2 (1-quart) jars. Tuck 3 whole cloves, 1 cinnamon stick, 1 star anise, and half of vanilla bean into each jar.
- ☐ Bring cooking liquid to a boil; cook 4 minutes.
- ☐ Remove from heat. Strain mixture, discarding solids.
- ☐ Pour 2 cups cooking liquid and 1/2 cup brandy into each jar. Seal jars; shake well. Store in refrigerator 2 weeks before using.

Nutrition Facts



Properties

Glycemic Index:2.97, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:1.9939130366496%

Flavonoids

Naringenin: 16.21mg, Naringenin: 16.21mg, Naringenin: 16.21mg, Naringenin: 16.21mg Apigenin: 6.18mg, Apigenin: 6.18mg, Apigenin: 6.18mg, Apigenin: 6.18mg

Nutrients (% of daily need)

Calories: 87kcal (4.35%), Fat: 0.33g (0.5%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 15.27g (5.55%), Sugar: 15.13g (16.81%), Cholesterol: 0mg (0%), Sodium: 4.55mg (0.2%), Alcohol:

2.51g (100%), Alcohol %: 4.05% (100%), Protein: 0.56g (1.12%), Vitamin C: 12.43mg (15.07%), Fiber: 2.02g (8.1%), Manganese: 0.1mg (4.97%), Calcium: 22.42mg (2.24%), Copper: 0.04mg (1.8%), Iron: 0.31mg (1.75%), Vitamin B2: 0.03mg (1.68%), Vitamin A: 83.18IU (1.66%), Potassium: 55.71mg (1.59%), Magnesium: 6.3mg (1.58%), Folate: 4.83µg (1.21%)