



## Lemon-Poached Oranges

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



14

CALORIES



122 kcal

SIDE DISH

### Ingredients

- 0.7 cup juice of lemon fresh ( 4 lemons)
- 0.3 cup lemon zest grated ( 4 large lemons)
- 4 pounds navel oranges peeled
- 1 cup sugar
- 4 cups water

### Equipment

- bowl
- slotted spoon

dutch oven

## Directions

- Combine first 4 ingredients in a Dutch oven.
- Add orange slices, and bring to a boil. Reduce heat to medium-low; cook 5 minutes.
- Remove orange slices with a slotted spoon; place in a bowl.
- Cook juice mixture over medium-high heat 15 minutes (until slightly syrupy).
- Pour over oranges. Cover and chill at least 4 hours.

## Nutrition Facts



**PROTEIN 3.73%** **FAT 1.84%** **CARBS 94.43%**

## Properties

Glycemic Index:5.01, Glycemic Load:9.97, Inflammation Score:-6, Nutrition Score:7.8773913111376%

## Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 30.02mg, Hesperetin: 30.02mg, Hesperetin: 30.02mg, Hesperetin: 30.02mg Naringenin: 9.36mg, Naringenin: 9.36mg, Naringenin: 9.36mg, Naringenin: 9.36mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 121.86kcal (6.09%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 31.56g (10.52%), Net Carbohydrates: 28.49g (10.36%), Sugar: 25.64g (28.49%), Cholesterol: 0mg (0%), Sodium: 5.04mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.49%), Vitamin C: 83.3mg (100.97%), Fiber: 3.07g (12.27%), Folate: 46.61µg (11.65%), Potassium: 230.13mg (6.58%), Vitamin A: 321.66IU (6.43%), Vitamin B1: 0.09mg (6.13%), Calcium: 60.89mg (6.09%), Vitamin B6: 0.11mg (5.53%), Vitamin B2: 0.07mg (4.23%), Magnesium: 15.89mg (3.97%), Vitamin B5: 0.36mg (3.59%), Copper: 0.07mg (3.29%), Phosphorus: 30.94mg (3.09%), Vitamin B3: 0.57mg (2.84%), Manganese: 0.04mg (1.98%), Vitamin E: 0.22mg (1.44%), Iron: 0.2mg (1.1%)