



Mandarin Oranges with Grand Marnier and Mascarpone

 Vegetarian  Gluten Free

READY IN



8 min.

SERVINGS



3

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons grand marnier orange-flavored (liqueur)
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 15 ounce mandarin oranges in syrup light drained canned
- ☐ 2 tablespoons mascarpone cheese
- ☐ 4 teaspoons sugar

Equipment

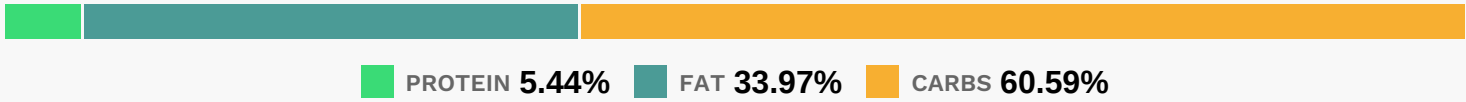
- ☐ bowl

whisk

Directions

- Combine first 3 ingredients in a small bowl, stirring with a whisk until sugar dissolves.
- Combine oranges and liqueur; spoon evenly into 3 wine glasses or dessert dishes. Spoon sour cream mixture over oranges; garnish with mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:37.36, Glycemic Load:10.57, Inflammation Score:-7, Nutrition Score:6.4386956989765%

Flavonoids

Hesperetin: 11.25mg, Hesperetin: 11.25mg, Hesperetin: 11.25mg, Hesperetin: 11.25mg Naringenin: 14.2mg, Naringenin: 14.2mg, Naringenin: 14.2mg, Naringenin: 14.2mg

Nutrients (% of daily need)

Calories: 189.83kcal (9.49%), Fat: 7.01g (10.79%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 25.59g (9.31%), Sugar: 22.81g (25.34%), Cholesterol: 16.71mg (5.57%), Sodium: 24.9mg (1.08%), Alcohol: 1.95g (100%), Alcohol %: 1.35% (100%), Protein: 2.53g (5.05%), Vitamin C: 38.02mg (46.08%), Vitamin A: 1168.17IU (23.36%), Fiber: 2.55g (10.21%), Calcium: 93.6mg (9.36%), Potassium: 278.29mg (7.95%), Folate: 24.79µg (6.2%), Vitamin B1: 0.09mg (6.01%), Vitamin B6: 0.11mg (5.72%), Magnesium: 19.15mg (4.79%), Vitamin B2: 0.08mg (4.47%), Phosphorus: 42.41mg (4.24%), Copper: 0.07mg (3.3%), Vitamin B5: 0.31mg (3.06%), Manganese: 0.06mg (2.84%), Vitamin B3: 0.56mg (2.79%), Vitamin E: 0.34mg (2.27%), Vitamin B12: 0.08µg (1.34%), Zinc: 0.2mg (1.32%), Iron: 0.23mg (1.3%), Selenium: 0.79µg (1.13%)