



Moroccan Orange Dessert



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



2

CALORIES



110 kcal

DESSERT

Ingredients



3 oranges



0.3 cup orange-flower water



1 Tbsp powdered sugar



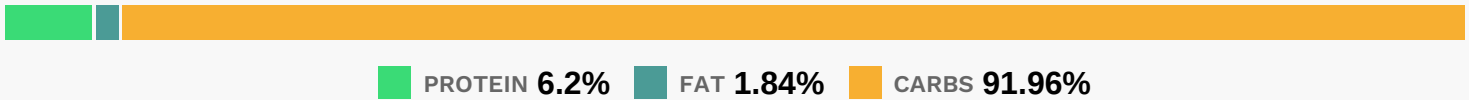
1 teaspoons cinnamon

Equipment

Directions

- ☐ Marinate orange slices in orange flower water: Slice the top and bottom off each orange. Slice off the rind and all the pith and then cut the orange into 1/4 inch rounds.
- ☐ Sprinkle a little orange flower water in the bottom of a wide-bottomed glass or plastic container and lay the orange slices on top. If you need to do more than one layer of oranges to get them all in the container, sprinkle more orange flower water over each orange layer as you go.
- ☐ Add any remaining orange flower water, cover the container and set aside at room temperature for 1 hour.
- ☐ Sprinkle with powdered sugar and cinnamon to serve: To serve, take the oranges out of the container and arrange on a plate.
- ☐ Add a little of the liquid from the container. Just as you serve, sprinkle some powdered sugar and cinnamon over the oranges.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:7.86, Inflammation Score:-7, Nutrition Score:9.7495651426523%

Flavonoids

Hesperetin: 53.55mg, Hesperetin: 53.55mg, Hesperetin: 53.55mg, Hesperetin: 53.55mg Naringenin: 30.1mg, Naringenin: 30.1mg, Naringenin: 30.1mg, Naringenin: 30.1mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 110.39kcal (5.52%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 22.74g (8.27%), Sugar: 22.31g (24.78%), Cholesterol: 0mg (0%), Sodium: 0.18mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin C: 104.58mg (126.76%), Fiber: 5.25g (20.99%), Folate: 59.01µg (14.75%), Vitamin B1: 0.17mg (11.41%), Manganese: 0.22mg (11.2%), Potassium: 360.05mg (10.29%), Vitamin A: 445.08IU (8.9%), Calcium: 88.66mg (8.87%), Vitamin B6: 0.12mg (5.97%), Magnesium: 20.25mg (5.06%), Vitamin B5: 0.49mg (4.95%), Vitamin B2: 0.08mg (4.69%), Copper: 0.09mg (4.6%), Vitamin B3: 0.57mg (2.84%), Phosphorus: 28.15mg (2.82%), Vitamin E: 0.38mg (2.51%), Iron: 0.28mg (1.57%), Selenium: 1.04µg (1.48%), Zinc: 0.16mg (1.04%)