



Moroccan-Spiced Oranges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- 2.5 tablespoons dates pitted chopped (4)
- 0.3 teaspoon ground cinnamon
- 1 tablespoon juice of lemon fresh
- 2.5 cups orange sections cut into 1/2-inch pieces (6)
- 1 tablespoon powdered sugar
- 0.3 cup slivered almonds

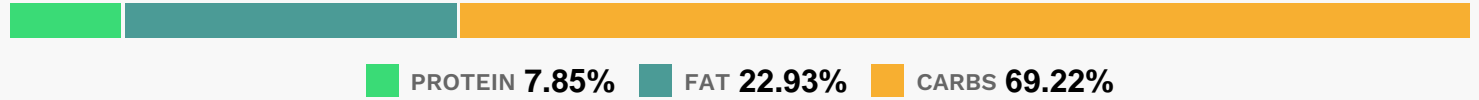
Equipment

- bowl

Directions

- Combine first 6 ingredients in a medium bowl, tossing to combine. Cover; chill 20 minutes.
- Garnish with cinnamon and rind, if desired.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:7.82, Inflammation Score:-6, Nutrition Score:8.7834783079831%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 31.2mg, Hesperetin: 31.2mg, Hesperetin: 31.2mg, Hesperetin: 31.2mg Naringenin: 17.32mg, Naringenin: 17.32mg, Naringenin: 17.32mg, Naringenin: 17.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 127.31kcal (6.37%), Fat: 3.55g (5.46%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 19.75g (7.18%), Sugar: 18.81g (20.9%), Cholesterol: 0mg (0%), Sodium: 0.34mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin C: 61.34mg (74.36%), Fiber: 4.37g (17.49%), Vitamin E: 1.94mg (12.96%), Manganese: 0.23mg (11.46%), Folate: 39.26µg (9.81%), Potassium: 319.04mg (9.12%), Magnesium: 33.81mg (8.45%), Vitamin B1: 0.12mg (7.83%), Vitamin B2: 0.13mg (7.6%), Copper: 0.14mg (7.03%), Calcium: 68.31mg (6.83%), Phosphorus: 54.41mg (5.44%), Vitamin A: 254.72IU (5.09%), Vitamin B6: 0.09mg (4.71%), Vitamin B5: 0.37mg (3.73%), Vitamin B3: 0.69mg (3.43%), Iron: 0.47mg (2.63%), Zinc: 0.32mg (2.14%), Selenium: 1.14µg (1.63%)