



Nutty orange platter



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

Ingredients

- ☐ 1 knob butter softened
- ☐ 50 g pistachios shelled
- ☐ 1 tbsp sugar
- ☐ 6 large cranberry-orange relish
- ☐ 200 g crème fraîche thick

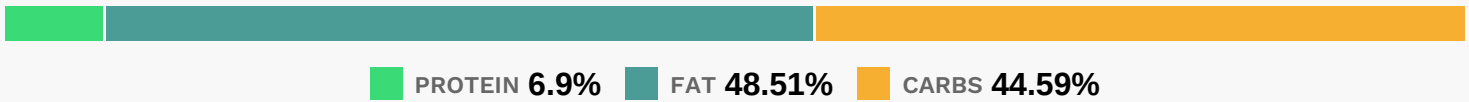
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Heat the butter in a large frying pan.
- ☐ Add the pistachio nuts and cook for a few mins until toasted, turning and shaking the pan frequently to prevent them from burning.
- ☐ Sprinkle over the sugar and stir until the sugar has completely dissolved. Turn out on to a plate and leave to cool (about 5 mins), then roughly chop.
- ☐ Using a sharp knife, cut the bottom off each orange, then carefully cut away the skin and pith, following the curve of the fruit.
- ☐ Cut into slices. Arrange on a plate with any juices.
- ☐ Serve with the nuts scattered over and the yogurt or crme frache to dollop on top.

Nutrition Facts



Properties

Glycemic Index:45.15, Glycemic Load:13.51, Inflammation Score:-9, Nutrition Score:15.740869579108%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 75.21mg, Hesperetin: 75.21mg, Hesperetin: 75.21mg, Hesperetin: 75.21mg Naringenin: 42.28mg, Naringenin: 42.28mg, Naringenin: 42.28mg, Naringenin: 42.28mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 348.16kcal (17.41%), Fat: 19.97g (30.73%), Saturated Fat: 8.48g (53.03%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 33.4g (12.15%), Sugar: 31.47g (34.96%), Cholesterol: 40.79mg (13.6%), Sodium: 49.41mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Vitamin C: 147.98mg (179.37%), Fiber: 7.91g (31.65%), Vitamin B1: 0.36mg (23.94%), Folate: 92.33µg (23.08%), Vitamin A: 1115.57IU (22.31%), Vitamin B6: 0.4mg (19.94%), Potassium: 691.51mg (19.76%), Calcium: 175.32mg (17.53%), Copper: 0.3mg (14.8%), Phosphorus: 139.15mg (13.91%), Vitamin B2: 0.22mg (12.75%), Magnesium: 47.83mg (11.96%), Manganese: 0.22mg (11.23%), Vitamin B5:

0.93mg (9.29%), Vitamin E: 1.1mg (7.31%), Selenium: 4.18µg (5.96%), Vitamin B3: 0.99mg (4.95%), Iron: 0.8mg (4.46%), Zinc: 0.64mg (4.25%), Vitamin B12: 0.11µg (1.9%), Vitamin K: 1.12µg (1.06%)