



Orange Bitters



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



688 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 cardamom pods
- ☐ 3 cinnamon sticks (each)
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 2 oranges
- ☐ 2 star anise pods whole
- ☐ 1 cup sugar
- ☐ 750 ml everclear (grain alcohol)

Equipment

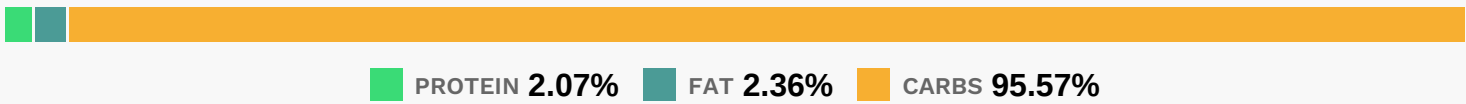
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ measuring cup
- ☐ peeler
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 25
- ☐ Remove zest from oranges with a vegetable peeler and put zest on a baking sheet (save fruit for another use).
- ☐ Bake until zest dries, starts to curl up, and begins to brown, 20 to 25 minutes.
- ☐ Let cool.
- ☐ Put all ingredients except sugar in a 1-qt. glass jar and seal tightly.
- ☐ Let sit in a cool, dark place for 2 weeks.
- ☐ Strain liquid through cheesecloth into a 1 1/2- to 2-qt. glass jar (save flavorings) and set aside. Put flavorings in a small saucepan with 2 cups water. Cover and bring to a boil, then reduce heat and simmer 10 minutes. Set aside.
- ☐ Cook sugar in a small saucepan over medium-high heat, lifting and shaking pan occasionally, until sugar caramelizes and turns deep amber, 8 to 10 minutes.
- ☐ Pour caramel into liquid in pan (it will bubble furiously and may firm up). If needed, return pan to medium heat and cook, stirring, for a few minutes until caramel melts again.
- ☐ Set pan in a bowl of ice water until liquid is cold, about 10 minutes.
- ☐ Pour into jar with first infusion. Seal and let stand in a dark place 5 days.
- ☐ Strain final mixture through cheesecloth into a glass measuring cup and discard flavorings. Divide bitters into small jars and seal tightly.
- ☐ *Find at liquor stores.
- ☐ Make ahead: Up to 1 year, chilled.

 Bottle it: 5-in. clear glass bottle, \$99; save-on-crafts.com

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:37.71, Inflammation Score:-7, Nutrition Score:9.6843479301618%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 687.78kcal (34.39%), Fat: 0.7g (1.08%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 63.63g (21.21%), Net Carbohydrates: 59.16g (21.51%), Sugar: 56.11g (62.35%), Cholesterol: 0mg (0%), Sodium: 3.87mg (0.17%), Alcohol: 63.53g (100%), Alcohol %: 25.51% (100%), Protein: 1.38g (2.76%), Manganese: 1.93mg (96.33%), Vitamin C: 36.19mg (43.86%), Fiber: 4.47g (17.9%), Calcium: 75.66mg (7.57%), Iron: 1.28mg (7.1%), Potassium: 205.09mg (5.86%), Copper: 0.11mg (5.47%), Vitamin B1: 0.08mg (5.4%), Magnesium: 21.18mg (5.29%), Folate: 20.05µg (5.01%), Zinc: 0.58mg (3.87%), Vitamin B2: 0.06mg (3.27%), Vitamin B6: 0.06mg (3.14%), Vitamin A: 156.67IU (3.13%), Phosphorus: 30.15mg (3.02%), Vitamin B5: 0.18mg (1.81%), Vitamin B3: 0.33mg (1.64%), Vitamin E: 0.18mg (1.22%), Selenium: 0.75µg (1.07%)