



Orange Gratin



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 1 tablespoon candied ginger minced
- ☐ 3 3 large clementines
- ☐ 1 small ruby grapefruit red
- ☐ 2 large navel oranges
- ☐ 1 large cranberry-orange relish (tangelo)
- ☐ 1 tablespoon orange marmalade
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat

☐ 2 tablespoons sugar

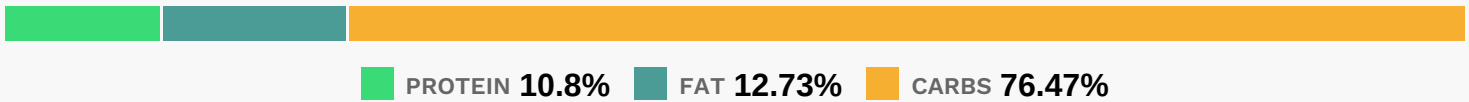
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Peel oranges, grapefruit, and Minneola orange; cut crosswise into 1/2-inch slices. Peel clementines; cut in half crosswise. Arrange citrus in a single layer on a jelly-roll pan.
- ☐ Sprinkle with sugar and candied ginger.
- ☐ Preheat broiler to high.
- ☐ Broil citrus 15 minutes or until lightly charred, rotating pan occasionally.
- ☐ Combine yogurt and marmalade in a small bowl. Divide citrus evenly among 4 shallow bowls.
- ☐ Drizzle evenly with pan juices. Top each serving with 2 tablespoons yogurt mixture and 1 1/2 teaspoons almonds.

Nutrition Facts



Properties

Glycemic Index:54.4, Glycemic Load:11.22, Inflammation Score:-8, Nutrition Score:12.250869647316%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 28.02mg, Hesperetin: 28.02mg, Hesperetin: 28.02mg Naringenin: 28.36mg, Naringenin: 28.36mg, Naringenin: 28.36mg, Naringenin: 28.36mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 190.64kcal (9.53%), Fat: 2.92g (4.49%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 34.43g (12.52%), Sugar: 30.71g (34.12%), Cholesterol: 1.25mg (0.42%), Sodium: 13.54mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.15%), Vitamin C: 108.77mg (131.84%), Fiber: 5.05g (20.19%), Vitamin A: 855.55IU (17.11%), Folate: 61.82µg (15.45%), Vitamin B2: 0.22mg (12.7%), Potassium: 439.07mg (12.54%), Calcium: 119.31mg (11.93%), Vitamin B1: 0.17mg (11.52%), Vitamin E: 1.65mg (11%), Phosphorus: 101.44mg (10.14%), Magnesium: 38.7mg (9.67%), Vitamin B6: 0.17mg (8.74%), Manganese: 0.17mg (8.67%), Copper: 0.15mg (7.43%), Vitamin B5: 0.62mg (6.19%), Vitamin B3: 1.12mg (5.59%), Selenium: 3.08µg (4.4%), Zinc: 0.45mg (2.98%), Vitamin B12: 0.17µg (2.92%), Iron: 0.47mg (2.6%)