



Orange Mimosa Marmalade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



8

CALORIES



274 kcal

CONDIMENT

DIP

SPREAD

Ingredients



0.1 teaspoon kosher salt



1 optional: lemon



4 large navel oranges



1.8 cups sparkling white wine



2 cups sugar

Equipment



bowl



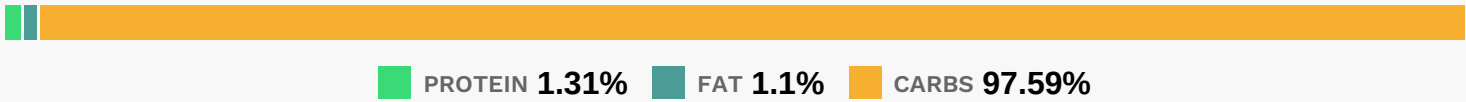
sauce pan

☐ candy thermometer

Directions

- ☐ Grate zest from oranges to equal 1 Tbsp. Grate zest from lemon to equal 1 tsp.
- ☐ Peel and section oranges and lemon, holding fruit over a bowl to collect juices.
- ☐ Stir together zest, fruit segments, sugar, kosher salt, 1/3 cup fruit juices, and wine in a large saucepan; bring to a boil. Reduce heat, and simmer, stirring occasionally, 50 minutes or until a candy thermometer registers 225 and mixture is slightly thickened. Cool completely (about 1 hour; mixture will thicken as it cools).
- ☐ Pour into 2 (8-oz.) jars or airtight containers, and chill 24 hours. Store marmalade in refrigerator up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:13.82, Glycemic Load:35.33, Inflammation Score:-5, Nutrition Score:5.130869526578%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 19.29mg, Hesperetin: 19.29mg, Hesperetin: 19.29mg, Hesperetin: 19.29mg Naringenin: 5.24mg, Naringenin: 5.24mg, Naringenin: 5.24mg, Naringenin: 5.24mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 273.77kcal (13.69%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 61.2g (20.4%), Net Carbohydrates: 59.28g (21.56%), Sugar: 56.69g (62.99%), Cholesterol: 0mg (0%), Sodium: 40.43mg (1.76%), Alcohol: 5.41g (100%), Alcohol %: 3.68% (100%), Protein: 0.82g (1.64%), Vitamin C: 48.53mg (58.82%), Fiber: 1.92g (7.67%), Folate: 25.81µg (6.45%), Potassium: 173.11mg (4.95%), Vitamin B6: 0.09mg (4.62%), Manganese: 0.09mg (4.39%), Calcium: 38.86mg (3.89%), Vitamin B1: 0.06mg (3.71%), Vitamin A: 175.87IU (3.52%), Magnesium: 14.03mg (3.51%), Vitamin B2: 0.06mg (3.28%), Phosphorus: 27.71mg (2.77%), Vitamin B5: 0.23mg (2.32%), Copper: 0.04mg (1.9%), Iron: 0.34mg (1.88%), Vitamin B3: 0.37mg (1.84%)