



Orange-Spice Sugar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon orange zest grated
- ☐ 1 cup sugar

Equipment

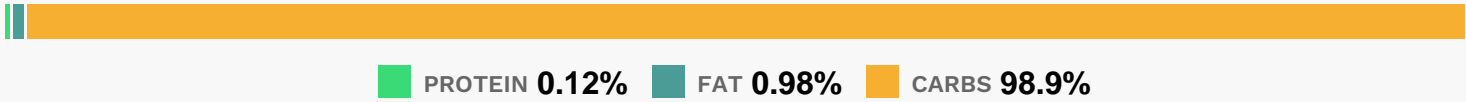
- ☐ oven

- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine all ingredients in an 8-inch square baking dish.
- ☐ Bake at 200 for 15 minutes, stirring occasionally.
- ☐ Remove from oven, and cool completely.
- ☐ Place mixture in container of an electric blender, and process until sugar is fine. Store in an airtight container.
- ☐ Serve in coffee or applesauce, or sprinkle on fresh apples, pancakes, waffles, or French toast.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:34.94, Inflammation Score:1, Nutrition Score:0.59695653309641%

Nutrients (% of daily need)

Calories: 195.83kcal (9.79%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 50.21g (18.26%), Sugar: 49.94g (55.49%), Cholesterol: 0mg (0%), Sodium: 0.63mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Manganese: 0.11mg (5.26%), Vitamin C: 2.08mg (2.52%), Fiber: 0.36g (1.45%)