



Oranges and Pineapple with Orange-Flower Water and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 quart strawberries (such as lemon, pineapple, or strawberry)
- ☐ 6 servings mint leaves fresh
- ☐ 2 teaspoons orange-flower water
- ☐ 2 cups cranberry-orange relish white cubed
- ☐ 0.5 pineapple cored peeled cut into 1-inch cubes (2 cups)

☐ 3 tablespoons sugar

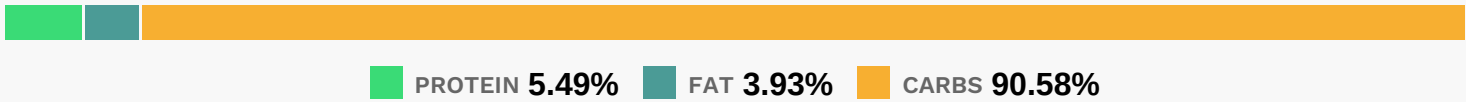
Equipment

☐ bowl

Directions

- ☐ Combine oranges and next 6 ingredients in large bowl; toss to combine. Cover and chill at least 1 hour and up to 6 hours.
- ☐ Spoon fruit and syrup into bowls. Top each with scoop of sorbet and mint sprigs and serve.
- ☐ *A flavoring extract available at liquor stores and in the liquor or specialty foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:36.04, Glycemic Load:15.35, Inflammation Score:-8, Nutrition Score:14.116521617641%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg Naringenin: 9.6mg, Naringenin: 9.6mg, Naringenin: 9.6mg, Naringenin: 9.6mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 143.37kcal (7.17%), Fat: 0.69g (1.07%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 29.8g (10.84%), Sugar: 26.75g (29.72%), Cholesterol: 0mg (0%), Sodium: 3.53mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin C: 161.85mg (196.18%), Manganese: 1.47mg (73.31%), Fiber: 6.24g (24.96%), Folate: 73.45µg (18.36%), Potassium: 454.67mg (12.99%), Vitamin B1: 0.15mg (10.18%), Vitamin B6: 0.2mg (10%), Copper: 0.2mg (9.98%), Magnesium: 38.7mg (9.68%), Calcium: 73.45mg (7.35%), Vitamin A: 348.07IU (6.96%), Iron: 1.15mg (6.42%), Vitamin B3: 1.22mg (6.11%), Phosphorus: 55.22mg (5.52%), Vitamin B2: 0.09mg (5.5%), Vitamin B5: 0.52mg (5.22%), Vitamin K: 4.18µg (3.98%), Vitamin E: 0.59mg (3.96%), Zinc: 0.4mg (2.69%), Selenium: 1.06µg (1.51%)