



## Oranges with Balsamic-and-Anise Caramel



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 teaspoon aniseed
- ☐ 0.3 cup balsamic vinegar
- ☐ 4 navel oranges
- ☐ 0.7 cup sugar
- ☐ 0.3 cup water

### Equipment

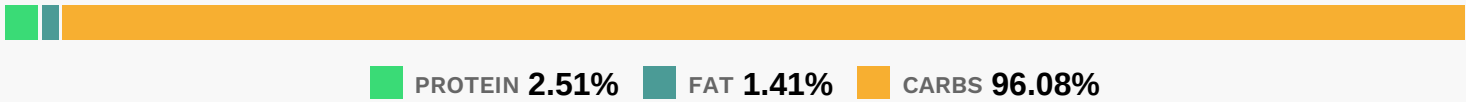
- ☐ frying pan
- ☐ sauce pan

- ☐ knife
- ☐ pastry brush

## Directions

- ☐ Bring sugar, water, and anise seeds to a boil in a 1- to 1 1/2-quart heavy nonreactive saucepan, washing down any sugar crystals on side of pan with a pastry brush dipped in cold water and stirring until sugar is dissolved. Boil syrup, without stirring, gently swirling pan, until mixture is a golden caramel. Reduce heat to low and carefully stir in vinegar (mixture will steam vigorously and caramel will harden). Stir until caramel is dissolved, about 1 minute.
- ☐ Cut peel, including all white pith, from oranges with a sharp knife, then slice oranges crosswise.
- ☐ Serve orange slices drizzled with warm sauce.

## Nutrition Facts



## Properties

Glycemic Index:31.27, Glycemic Load:25.08, Inflammation Score:-6, Nutrition Score:8.2404347891393%

## Flavonoids

Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg, Hesperetin: 30.62mg Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg, Naringenin: 9.94mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 216.48kcal (10.82%), Fat: 0.36g (0.55%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 54.5g (18.17%), Net Carbohydrates: 51.38g (18.68%), Sugar: 48.34g (53.72%), Cholesterol: 0mg (0%), Sodium: 7.4mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin C: 82.79mg (100.35%), Fiber: 3.12g (12.47%), Folate: 47.63µg (11.91%), Potassium: 260.47mg (7.44%), Vitamin A: 346.58IU (6.93%), Calcium: 68.33mg (6.83%), Vitamin B1: 0.1mg (6.4%), Vitamin B6: 0.11mg (5.61%), Magnesium: 18.52mg (4.63%), Vitamin B2: 0.08mg (4.62%), Manganese: 0.08mg (3.78%), Phosphorus: 37.34mg (3.73%), Vitamin B5: 0.37mg (3.67%), Copper: 0.07mg (3.35%), Vitamin B3: 0.6mg (3.01%), Iron: 0.44mg (2.47%), Vitamin E: 0.21mg (1.4%)