



Oranges with Caramel and Cardamom Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 2 cardamom pods crushed
- ☐ 2 tablespoons honey
- ☐ 2.3 pounds navel oranges
- ☐ 0.1 teaspoon orange-flower water
- ☐ 1 cup nonfat greek yogurt
- ☐ 6 tablespoons sugar
- ☐ 0.5 cup water

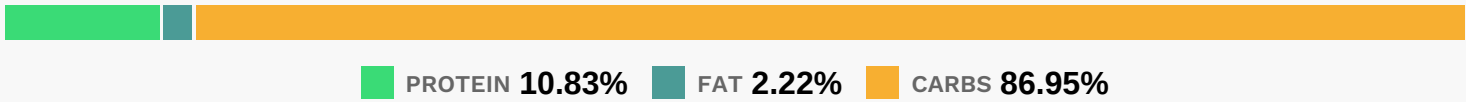
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine 1/2 cup water and cardamom in a small, heavy saucepan; bring to a boil.
- ☐ Remove from heat; cover and let stand 20 minutes. Strain through a fine sieve over a small bowl; discard solids.
- ☐ Combine 1 tablespoon cardamom water and sugar in pan over medium heat, and cook for 9 minutes or until sugar is melted and barely golden (do not stir). Increase heat to medium-high, and cook for 1 minute or until mixture darkens to a deep amber.
- ☐ Remove from heat; carefully pour remaining cardamom water down the side of the pan. Return pan to medium-high heat; stir until well blended.
- ☐ Remove pan from heat.
- ☐ Peel oranges.
- ☐ Cut each orange crosswise into 6 slices. Arrange slices on a rimmed platter; pour hot syrup over oranges. Cover and chill overnight.
- ☐ Combine yogurt, honey, and orange-flower water in a small bowl.
- ☐ Serve yogurt mixture with oranges.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:21.23, Glycemic Load:11.4, Inflammation Score:0, Nutrition Score:10.578695701516%

Flavonoids

Hesperetin: 37.2mg, Hesperetin: 37.2mg, Hesperetin: 37.2mg, Hesperetin: 37.2mg Naringenin: 12.08mg, Naringenin: 12.08mg, Naringenin: 12.08mg, Naringenin: 12.08mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 173.23kcal (8.66%), Fat: 0.46g (0.71%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 36.78g (13.37%), Sugar: 33.27g (36.97%), Cholesterol: 1.67mg (0.56%), Sodium: 15.21mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.15%), Vitamin C: 100.7mg (122.06%), Fiber: 3.94g (15.77%), Folate: 60.31µg (15.08%), Manganese: 0.25mg (12.25%), Calcium: 113.83mg (11.38%), Vitamin B2: 0.19mg (10.97%), Potassium: 340.7mg (9.73%), Phosphorus: 85.92mg (8.59%), Vitamin A: 421.47IU (8.43%), Vitamin B1: 0.12mg (8.29%), Vitamin B6: 0.16mg (7.95%), Magnesium: 24.24mg (6.06%), Vitamin B5: 0.56mg (5.59%), Selenium: 3.43µg (4.9%), Vitamin B3: 0.81mg (4.05%), Copper: 0.08mg (4.05%), Vitamin B12: 0.23µg (3.89%), Zinc: 0.38mg (2.54%), Iron: 0.37mg (2.07%), Vitamin E: 0.26mg (1.72%)