



## Oranges with Caramel Sauce and Toasted Pecans

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 cup evaporated milk fat-free
- ☐ 2 tablespoons orange juice fresh
- ☐ 4 pounds oranges peeled sliced
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 Dash salt
- ☐ 1.5 teaspoons stick margarine
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons triple sec orange-flavored liqueur
- ☐ 0.3 teaspoon vanilla extract

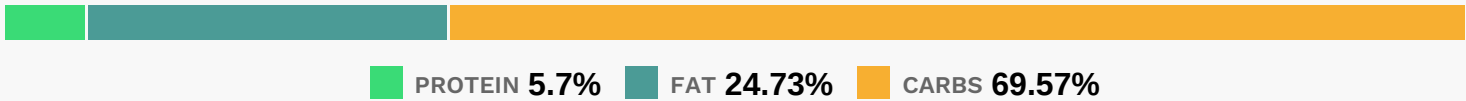
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine sugar and juice in a small, heavy saucepan.
- ☐ Place over medium-low heat; cook 5 minutes or until sugar dissolves. (Do not stir.) Cover, increase heat to medium, and boil 30 seconds (this will dissolve any sugar crystals clinging to the sides of the pan). Uncover and boil 2 minutes or until amber or golden. (Do not stir.)
- ☐ Remove from heat; let stand 1 minute. Carefully add butter, stirring until butter melts. Gradually add milk, stirring constantly (caramel will harden and stick to spoon).
- ☐ Place pan over medium heat; cook 2 minutes or until caramel melts and mixture is smooth, stirring constantly.
- ☐ Remove from heat; stir in liqueur, vanilla, and salt.
- ☐ Pour caramel sauce over oranges; sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:21.82, Glycemic Load:18.04, Inflammation Score:-8, Nutrition Score:12.179130395146%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 62.31mg, Hesperetin: 62.31mg, Hesperetin: 62.31mg Naringenin: 34.84mg, Naringenin: 34.84mg, Naringenin:

34.84mg, Naringenin: 34.84mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 236.44kcal (11.82%), Fat: 6.77g (10.42%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 36.78g (13.37%), Sugar: 36.59g (40.65%), Cholesterol: 3.05mg (1.01%), Sodium: 25.17mg (1.09%), Alcohol: 1.02g (100%), Alcohol %: 0.49% (100%), Protein: 3.51g (7.03%), Vitamin C: 123.06mg (149.16%), Fiber: 6.11g (24.42%), Manganese: 0.37mg (18.3%), Folate: 71.66µg (17.92%), Vitamin B1: 0.25mg (16.75%), Potassium: 480.7mg (13.73%), Calcium: 123.82mg (12.38%), Vitamin A: 580.76IU (11.62%), Copper: 0.19mg (9.49%), Magnesium: 34.07mg (8.52%), Vitamin B2: 0.14mg (8.08%), Vitamin B6: 0.16mg (7.87%), Phosphorus: 73.1mg (7.31%), Vitamin B5: 0.7mg (7.02%), Vitamin B3: 0.76mg (3.81%), Zinc: 0.55mg (3.69%), Vitamin E: 0.55mg (3.67%), Selenium: 1.72µg (2.46%), Iron: 0.44mg (2.42%)