



Oranges with Grand Marnier and Cookies

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

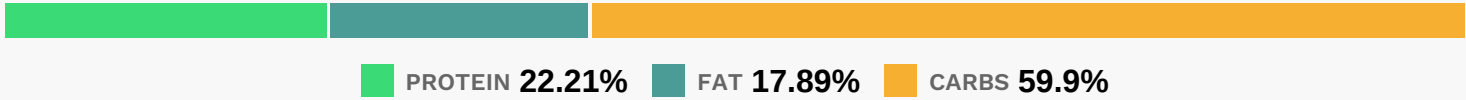
- ☐ 6 servings grands flaky refrigerator biscuits
- ☐ 6 servings crystallized ginger
- ☐ 12 tablespoons grand marnier
- ☐ 6 servings greek yogurt sweetened sour
- ☐ 6 oranges
- ☐ 6 tablespoons sugar

Equipment

Directions

- ☐ Peel oranges, then cut horizontally into slices.
- ☐ Sprinkle each sliced orange with 1 tablespoon sugar, 2 tablespoons Grand Marnier, and slivered crystallized ginger. Top with Greek yogurt or sweetened sour cream.
- ☐ Serve with your favorite cookies.

Nutrition Facts



Properties

Glycemic Index:29.43, Glycemic Load:24.81, Inflammation Score:-7, Nutrition Score:17.094348005627%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 469.3kcal (23.47%), Fat: 8.36g (12.86%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 63g (21%), Net Carbohydrates: 59.49g (21.63%), Sugar: 47.23g (52.48%), Cholesterol: 10mg (3.33%), Sodium: 173.51mg (7.54%), Alcohol: 7.8g (100%), Alcohol %: 2.46% (100%), Caffeine: 7.8mg (2.6%), Protein: 23.36g (46.73%), Vitamin C: 69.69mg (84.48%), Vitamin B2: 0.71mg (41.66%), Selenium: 22.35µg (31.93%), Phosphorus: 310.62mg (31.06%), Calcium: 278.46mg (27.85%), Vitamin B12: 1.4µg (23.33%), Folate: 75.98µg (19%), Vitamin B1: 0.26mg (17.2%), Potassium: 552.99mg (15.8%), Fiber: 3.51g (14.03%), Vitamin B6: 0.23mg (11.32%), Vitamin B5: 1.07mg (10.74%), Magnesium: 39.92mg (9.98%), Manganese: 0.18mg (8.81%), Vitamin B3: 1.75mg (8.77%), Zinc: 1.3mg (8.66%), Copper: 0.13mg (6.55%), Vitamin A: 326.83IU (6.54%), Iron: 1.13mg (6.27%), Vitamin E: 0.94mg (6.26%), Vitamin K: 3.08µg (2.93%)