



Oranges with Rosemary-Infused Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups honey
- ☐ 20 oranges mixed such as navel, blood and cara cara
- ☐ 3 sprigs rosemary
- ☐ 35 servings salt
- ☐ 0.5 water

Equipment

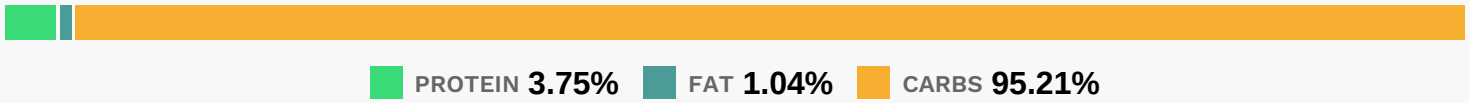
- ☐ bowl
- ☐ sauce pan

- ☐ knife
- ☐ mortar and pestle

Directions

- ☐ Using a pestle or cocktail muddler, lightly bruise the rosemary needles. In a small saucepan, combine the rosemary with the honey and water and warm over moderately low heat for 5 minutes.
- ☐ Remove from the heat and let stand for 30 minutes.
- ☐ Transfer the rosemary-infused honey to a serving bowl or small pitcher.
- ☐ Meanwhile, using a sharp knife, peel the oranges, removing all of the bitter white pith.
- ☐ Cut the oranges crosswise into 1/4-inch-thick slices and arrange them on platters. Season the oranges lightly with salt and drizzle with some of the infused honey.
- ☐ Serve with additional honey alongside.

Nutrition Facts



Properties

Glycemic Index:4.71, Glycemic Load:8.19, Inflammation Score:-4, Nutrition Score:4.0395651667014%

Flavonoids

Hesperetin: 20.4mg, Hesperetin: 20.4mg, Hesperetin: 20.4mg, Hesperetin: 20.4mg Naringenin: 11.47mg, Naringenin: 11.47mg, Naringenin: 11.47mg, Naringenin: 11.47mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 72.02kcal (3.6%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 16.99g (6.18%), Sugar: 16.94g (18.82%), Cholesterol: 0mg (0%), Sodium: 194.29mg (8.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin C: 39.89mg (48.35%), Fiber: 1.82g (7.3%), Folate: 22.73µg (5.68%), Vitamin B1: 0.07mg (4.34%), Potassium: 141.91mg (4.05%), Vitamin A: 168.7IU (3.37%), Calcium: 30.91mg (3.09%), Vitamin B6: 0.05mg (2.4%), Vitamin B2: 0.03mg (2.03%), Vitamin B5: 0.2mg (1.95%), Magnesium: 7.75mg (1.94%), Copper: 0.04mg (1.91%), Manganese: 0.03mg (1.45%), Vitamin B3: 0.23mg (1.13%), Phosphorus: 10.97mg (1.1%)