

Poached Tangerine Slices



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



4500 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

Ingredients

- 0.3 cup wine dry white
- 0.3 cup juice of lemon fresh
- 4 mandarin orange segments
- 1.5 cups sugar
- 3 cups water

Equipment

- sauce pan
- baking paper

- oven
- baking pan

Directions

- Preheat oven to 325°F with rack in middle.
- Slice tangerines (including peel) crosswise about 1/4 inch thick.
- Remove and discard any seeds, then arrange tangerines in a 13- by 9-inch baking dish, overlapping if necessary.
- Bring sugar and water to a boil in a small saucepan, stirring occasionally, then simmer 2 minutes. Stir in wine and lemon juice and return to a simmer.
- Pour over fruit.
- Lay a sheet of parchment paper directly over fruit to keep submerged, then poach in oven until tender but not falling apart, 1 to 1 1/2 hours. Discard parchment and cool fruit to warm or room temperature.
- Tangerines can be poached 3 days ahead and chilled in syrup. Bring to room temperature before serving.

Nutrition Facts

PROTEIN 0.86% **FAT 1.38%** **CARBS 97.76%**

Properties

Glycemic Index:15.89, Glycemic Load:28.33, Inflammation Score:-3, Nutrition Score:2.148695645044%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 4.63mg, Hesperetin: 4.63mg, Hesperetin: 4.63mg, Hesperetin: 4.63mg Naringenin: 4.54mg, Naringenin: 4.54mg, Naringenin: 4.54mg, Naringenin: 4.54mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 175.52kcal (8.78%), Fat: 0.27g (0.42%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 43.11g (15.68%), Sugar: 42.35g (47.06%), Cholesterol: 0mg (0%), Sodium: 6.14mg (0.27%), Alcohol: 0.77g (100%), Alcohol %: 0.53% (100%), Protein: 0.39g (0.78%), Vitamin C: 14.7mg (17.82%), Vitamin A: 300.1IU (6%),

Fiber: 0.81g (3.26%), Potassium: 86.97mg (2.48%), Folate: 8.64µg (2.16%), Vitamin B6: 0.04mg (2.08%), Calcium: 20.45mg (2.04%), Vitamin B1: 0.03mg (1.85%), Magnesium: 7.37mg (1.84%), Copper: 0.04mg (1.84%), Vitamin B2: 0.03mg (1.48%), Manganese: 0.03mg (1.42%), Vitamin B5: 0.11mg (1.08%), Phosphorus: 10.76mg (1.08%)