



Sliced Oranges with Thyme Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cooking wine dry white
- 1 tablespoon thyme leaves dried fresh
- 6 inch lemon zest
- 4 navel oranges
- 0.8 cup sugar
- 1.5 cups water

Equipment

- bowl

sauce pan

knife

Directions

In a medium stainless-steel saucepan, combine the wine, water, sugar, thyme, and lemon zest. Bring to a simmer over moderately high heat. Reduce the heat and simmer for 10 minutes.

Meanwhile, using a stainless-steel knife, peel the oranges down to the flesh, removing all of the white pith.

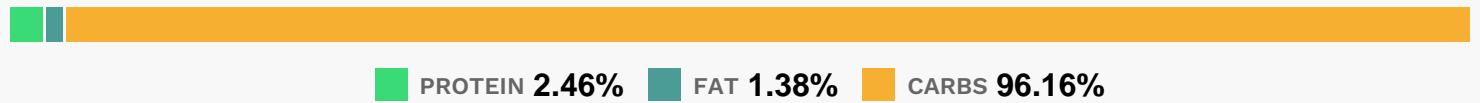
Cut the oranges crosswise into 1/4-inch slices.

Add the oranges to the simmering syrup.

Remove from the heat and let sit 1 to 2 minutes. Gently pour the oranges and syrup into a glass or stainless-steel bowl.

Let cool and then chill.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:26.61, Inflammation Score:-9, Nutrition Score:9.4160869626895%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 30.98mg, Hesperetin: 30.98mg, Hesperetin: 30.98mg, Hesperetin: 30.98mg Naringenin: 10.28mg, Naringenin: 10.28mg, Naringenin: 10.28mg, Naringenin: 10.28mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg 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: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 290.33kcal (14.52%), Fat: 0.37g (0.57%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 58.28g (19.43%), Net Carbohydrates: 54.55g (19.84%), Sugar: 50.35g (55.94%), Cholesterol: 0mg (0%), Sodium: 11.1mg (0.48%), Alcohol: 9.27g (100%), Alcohol %: 3.25% (100%), Protein: 1.49g (2.98%), Vitamin C: 90.46mg (109.64%), Fiber: 3.73g (14.92%), Folate: 49.78µg (12.45%), Potassium: 313.8mg (8.97%), Manganese: 0.18mg (8.87%), Vitamin A: 430.85IU

(8.62%), Vitamin B6: 0.17mg (8.41%), Calcium: 83.53mg (8.35%), Magnesium: 28.66mg (7.16%), Vitamin B1: 0.1mg (6.86%), Vitamin B2: 0.1mg (6.08%), Phosphorus: 50.71mg (5.07%), Copper: 0.09mg (4.41%), Iron: 0.78mg (4.33%), Vitamin B5: 0.43mg (4.25%), Vitamin B3: 0.74mg (3.7%), Zinc: 0.27mg (1.83%), Vitamin E: 0.22mg (1.46%)