

Sparkling Oranges



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 2 cinnamon sticks (3 in. each)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 10 very oranges firm
- ☐ 0.5 cup pomegranate seeds
- ☐ 2 star anise
- ☐ 5 tablespoons sugar
- ☐ 1 vanilla pod split
- ☐ 0.5 cup prosecco

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ cutting board
- ☐ zester

Directions

- ☐ Using a very sharp 5-hole zester, remove zest from 6 of the oranges. Bring 1 cup water to a boil in a small saucepan, add zest, and boil 30 seconds.
- ☐ Pour zest through a strainer into a bowl and return orange water to saucepan. Rinse zest with cold water and set aside.
- ☐ Add sugar to orange water and bring to a simmer over medium-high heat. Lower heat to medium (adjust to maintain an active simmer) and add cinnamon sticks, cloves, star anise, and vanilla bean. Simmer 10 minutes.
- ☐ Add zest, remove from heat, and let cool 30 minutes.
- ☐ Meanwhile, cut a thin slice from each orange bottom so oranges stand upright on your cutting board. With a very sharp, smooth-bladed paring knife, slice off peels and thick white pith from oranges.
- ☐ Cut oranges crosswise into 1/4-in.-thick slices, removing seeds and discarding any fibrous ends.
- ☐ Remove spices from syrup (reserve for garnish, if you like) and add lemon juice. Cover bottom of a large, shallow glass serving dish (13- by 9-in. is ideal) with a layer of orange slices and sprinkle on 1 1/2 to 2 tbsp. of syrup and several pomegranate seeds. Repeat layering with oranges, syrup, and pomegranate seeds until all oranges are used.
- ☐ Pour any remaining syrup over oranges. Just before serving, top with prosecco and garnish with reserved whole spices, if you like.

Nutrition Facts



 PROTEIN **5.48%**  FAT **3.36%**  CARBS **91.16%**

Properties

Glycemic Index:15.8, Glycemic Load:8.54, Inflammation Score:-5, Nutrition Score:6.5895653367043%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 30.11mg, Hesperetin: 30.11mg, Hesperetin: 30.11mg, Hesperetin: 30.11mg Naringenin: 16.76mg, Naringenin: 16.76mg, Naringenin: 16.76mg, Naringenin: 16.76mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 84.58kcal (4.23%), Fat: 0.33g (0.51%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 16.85g (6.13%), Sugar: 16.32g (18.14%), Cholesterol: 0mg (0%), Sodium: 1.05mg (0.05%), Alcohol: 0.63g (100%), Alcohol %: 0.59% (100%), Protein: 1.21g (2.42%), Vitamin C: 59.8mg (72.48%), Fiber: 3.23g (12.94%), Folate: 36µg (9%), Manganese: 0.14mg (7.08%), Vitamin B1: 0.1mg (6.72%), Potassium: 229.96mg (6.57%), Calcium: 52.36mg (5.24%), Vitamin A: 248.01IU (4.96%), Vitamin B6: 0.08mg (3.79%), Magnesium: 13.5mg (3.38%), Copper: 0.07mg (3.26%), Vitamin B5: 0.31mg (3.05%), Vitamin B2: 0.05mg (2.96%), Phosphorus: 20.52mg (2.05%), Vitamin B3: 0.35mg (1.76%), Vitamin E: 0.25mg (1.7%), Iron: 0.28mg (1.58%), Vitamin K: 1.3µg (1.24%)