

Spiced arancello



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



2572 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 large oranges
- ☐ 1 cinnamon sticks
- ☐ 2 cardamom pods
- ☐ 1 vanilla pod
- ☐ 1l vodka
- ☐ 600 g caster sugar
- ☐ 3 extra oranges

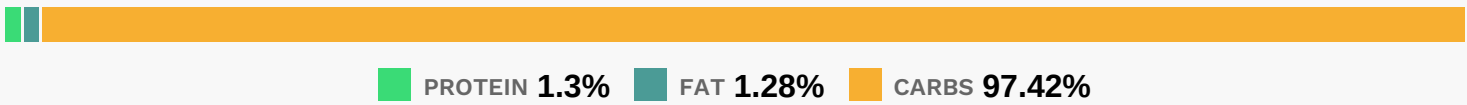
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Pare the zest from the oranges using a peeler, making sure that none of the bitter white pith is left on the peel.
- ☐ Put the zest, spices and vanilla pod in one large or several smaller clean jars, then tip in the vodka. Seal and leave for a week, shaking the jar each day.
- ☐ After one week, youre ready for the next stage. Boil a kettle of water.
- ☐ Put the sugar in a heatproof bowl, then pour over 500ml boiling water, stirring until the sugar dissolves.
- ☐ Add to the vodka mix, then leave for another week, shaking the jar regularly. Strain into decorative bottles, discarding the peel and spices, and store in a cool place until Christmas. Before giving, drop some fresh spices and peel into each bottle to decorate. Will keep bottled for 6 months.

Nutrition Facts



Properties

Glycemic Index:71.3, Glycemic Load:227.95, Inflammation Score:-10, Nutrition Score:22.166087026181%

Flavonoids

Hesperetin: 125.35mg, Hesperetin: 125.35mg, Hesperetin: 125.35mg, Hesperetin: 125.35mg Naringenin: 70.47mg, Naringenin: 70.47mg, Naringenin: 70.47mg, Naringenin: 70.47mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 2572.24kcal (128.61%), Fat: 2.11g (3.24%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 360.72g (120.24%), Net Carbohydrates: 345.4g (125.6%), Sugar: 342.56g (380.62%), Cholesterol: 0mg (0%), Sodium: 9.13mg (0.4%), Alcohol: 169.41g (100%), Alcohol %: 16.79% (100%), Protein: 4.82g (9.64%), Vitamin C: 245.41mg (297.46%), Manganese: 1.91mg (95.48%), Fiber: 15.32g (61.27%), Folate: 138.42µg (34.6%), Vitamin B1: 0.43mg (28.74%), Calcium: 264.8mg (26.48%), Potassium: 896.22mg (25.61%), Vitamin A: 1055.65IU (21.11%), Vitamin B2: 0.28mg

(16.65%), Copper: 0.31mg (15.51%), Vitamin B6: 0.29mg (14.58%), Magnesium: 54.78mg (13.69%), Vitamin B5: 1.18mg (11.75%), Phosphorus: 97.8mg (9.78%), Iron: 1.52mg (8.46%), Vitamin B3: 1.41mg (7.06%), Vitamin E: 0.99mg (6.6%), Selenium: 4.32µg (6.17%), Zinc: 0.63mg (4.2%), Vitamin K: 2.18µg (2.08%)