



Spiced Oranges with Greek Yogurt

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1 cup cooking wine dry red
- ☐ 2 large oranges white peeled sliced (pith removed)
- ☐ 1 cup greek yogurt plain low-fat
- ☐ 0.3 cup sugar

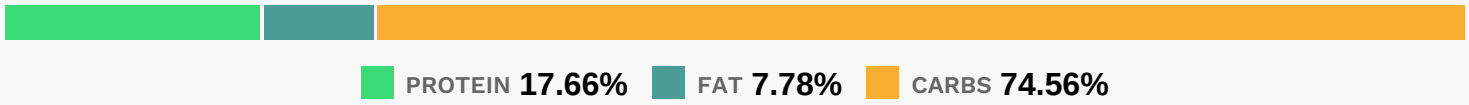
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine wine, sugar, cinnamon stick and cloves in a small saucepan. Bring wine mixture to a boil over medium-high heat. Reduce heat to medium-low and simmer until mixture has reduced and thickened, about 20 minutes. Strain into a bowl, cover and refrigerate until cold. Discard cinnamon stick and cloves.
- ☐ Divide yogurt among four dessert bowls. Spoon orange slices on top, drizzle with spiced syrup and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:4.97, Inflammation Score:-3, Nutrition Score:2.273478269901%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg, Malvidin: 6.3mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Hesperetin: 10.03mg, Hesperetin: 10.03mg, Hesperetin: 10.03mg, Hesperetin: 10.03mg Naringenin: 5.64mg, Naringenin: 5.64mg, Naringenin: 5.64mg, Naringenin: 5.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 74.51kcal (3.73%), Fat: 0.52g (0.79%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 10.06g (3.66%), Sugar: 9.34g (10.38%), Cholesterol: 1.31mg (0.44%), Sodium: 9.35mg (0.41%), Alcohol: 2.52g (100%), Alcohol %: 3.6% (100%), Protein: 2.64g (5.27%), Vitamin C: 19.59mg (23.75%), Calcium: 44.72mg (4.47%), Fiber: 1.07g (4.28%), Manganese: 0.07mg (3.53%), Folate: 11.06µg (2.77%), Vitamin B1: 0.03mg (2.14%), Potassium: 68.22mg (1.95%), Vitamin A: 96.94IU (1.94%), Vitamin B6: 0.02mg (1.13%)