



Spicy-Sweet Kumquats



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



60

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons chili powder
- ☐ 6 tablespoons granulated sugar
- ☐ 60 kumquats (preferably thin-skinned)
- ☐ 4 teaspoons powdered egg whites (see Cooks' notes)
- ☐ 0.3 cup water

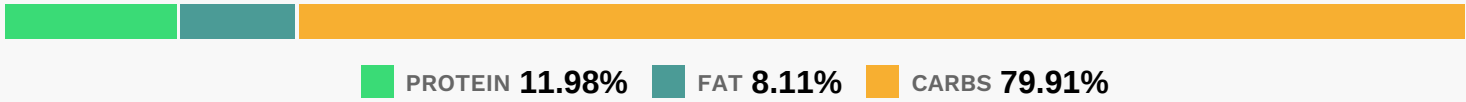
Equipment

- ☐ whisk
- ☐ wax paper

Directions

- ☐ Stir together sugar and chili powder.
- ☐ Whisk egg whites with water until dissolved. Working with 1 kumquat at a time, dip 1 side in whites, letting excess drip off, then dip in sugar mixture.
- ☐ Transfer to a rack to dry, coated side up.
- ☐ • 1/4 cup pasteurized liquid egg whites may be substituted for the mixture of powdered ones and water. • Coat kumquats 3 days ahead and keep, between layers of wax paper, in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:1.3752173688263%

Flavonoids

Naringenin: 10.9mg, Naringenin: 10.9mg, Naringenin: 10.9mg, Naringenin: 10.9mg Apigenin: 4.16mg, Apigenin: 4.16mg, Apigenin: 4.16mg, Apigenin: 4.16mg

Nutrients (% of daily need)

Calories: 19.93kcal (1%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.04g (1.1%), Sugar: 3.01g (3.34%), Cholesterol: 0mg (0%), Sodium: 9.45mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 8.34mg (10.11%), Fiber: 1.3g (5.22%), Vitamin A: 114.4IU (2.29%), Vitamin B2: 0.03mg (1.62%), Manganese: 0.03mg (1.46%), Calcium: 12.69mg (1.27%), Potassium: 42.96mg (1.23%), Iron: 0.2mg (1.1%), Magnesium: 4.4mg (1.1%), Copper: 0.02mg (1.03%)