



Sugary Orange Peel

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



175 min.

SERVINGS



20

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 medium navel oranges
- 0.5 teaspoon salt
- 0.5 cup semi chocolate chips
- 2 teaspoons shortening
- 2 cups sugar divided
- 1 cup water

Equipment

- frying pan

- baking sheet
- sauce pan
- knife
- aluminum foil

Directions

- With a knife, score the peel from each orange into quarters. With fingers, remove peel and white pith attached.
- Place peel in a saucepan; cover with water. Bring to a boil. Boil, uncovered, for 30 minutes.
- Drain and repeat twice.
- Meanwhile, in another saucepan, combine 1 cup of sugar, water and salt. Bring to a boil; boil and stir for 2 minutes or until sugar is dissolved.
- Drain peel and add to syrup. Bring to a boil; reduce heat. Simmer, uncovered, for 50-60 minutes or until syrup is almost all absorbed, stirring occasionally. (Watch carefully to prevent scorching.)
- Drain any remaining syrup.
- Cool orange peel in a single layer on a foil-lined baking sheet for 1 hour.
- Cut into 1/8-in. to 1/4-in. strips.
- Sprinkle remaining sugar on an ungreased 15-in. x 10-in. x 1-in. pan.
- Sprinkle strips over sugar; toss to coat.
- Let stand for 8 hours or overnight, tossing occasionally.
- If desired, melt chocolate chips and shortening; stir until smooth. Dip one end of each orange strip into chocolate; allow excess to drip off.
- Let stand on waxed paper until set. Store in an airtight container for up to 3 weeks.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:13.96, Inflammation Score:-2, Nutrition Score:2.3139130220465%

Flavonoids

Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg, Hesperetin: 6.12mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 121.13kcal (6.06%), Fat: 2.32g (3.57%), Saturated Fat: 1.12g (7%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 24.81g (9.02%), Sugar: 23.99g (26.66%), Cholesterol: 0.27mg (0.09%), Sodium: 59.68mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 0.53g (1.06%), Vitamin C: 16.55mg (20.06%), Fiber: 0.98g (3.9%), Copper: 0.07mg (3.52%), Manganese: 0.07mg (3.43%), Magnesium: 11.12mg (2.78%), Folate: 9.52µg (2.38%), Potassium: 72.41mg (2.07%), Iron: 0.33mg (1.84%), Phosphorus: 18.14mg (1.81%), Calcium: 15.43mg (1.54%), Vitamin A: 71.41IU (1.43%), Vitamin B1: 0.02mg (1.37%), Vitamin B2: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.18%)