



Sweet Citrus Rosemary Medley



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

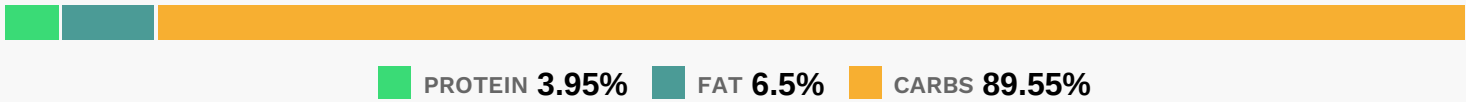
- ☐ 8 dates sliced chopped
- ☐ 8 sprigs mint leaves for garnish
- ☐ 2 tbsp pinenuts
- ☐ 4 sprigs rosemary
- ☐ 1.3 cups sugar
- ☐ 4.5 lbs blood oranges (if using smaller oranges, you may need more)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Sweet Citrus Rosemary Medley
- ☐ Ingredients4 1/2 lbs oranges – navel, cara cara, tangerines, moro blood oranges or a mix (if using smaller oranges, you may need more)1 1/4 cups sugar4 sprigs rosemary 2 tbsp pistachios – if you have nut allergies, omit.8 dates, sliced or chopped8 sprigs mint for garnish (optional)
- ☐ Prep Time: 30 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:29.32, Glycemic Load:34.46, Inflammation Score:-8, Nutrition Score:12.239130476247%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 69.63mg, Hesperetin: 69.63mg, Hesperetin: 69.63mg, Hesperetin: 69.63mg Naringenin: 39.09mg, Naringenin: 39.09mg, Naringenin: 39.09mg, Naringenin: 39.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 277.66kcal (13.88%), Fat: 2.16g (3.32%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 66.99g (22.33%), Net Carbohydrates: 60.11g (21.86%), Sugar: 59.57g (66.19%), Cholesterol: 0mg (0%), Sodium: 0.84mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin C: 136.13mg (165.01%), Fiber: 6.88g (27.51%), Folate: 80.02µg (20%), Manganese: 0.32mg (15.81%), Vitamin B1: 0.24mg (15.72%), Potassium: 529.45mg (15.13%), Vitamin A: 619.55IU (12.39%), Calcium: 108.57mg (10.86%), Magnesium: 35.71mg (8.93%), Vitamin B6: 0.17mg (8.46%), Copper: 0.17mg (8.4%), Vitamin B2: 0.12mg (7.13%), Vitamin B5: 0.69mg (6.9%), Phosphorus:

55.2mg (5.52%), Vitamin B3: 0.94mg (4.68%), Vitamin E: 0.7mg (4.64%), Iron: 0.55mg (3.03%), Zinc: 0.38mg (2.51%), Selenium: 1.69µg (2.42%), Vitamin K: 1.54µg (1.46%)