



Warm Oranges in Sake Cream with Sesame Brittle

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 3 cups orange sections (6 oranges)
- ☐ 0.5 cup rice wine
- ☐ 1 Dash salt

- ☐ 2 tablespoons sesame seed
- ☐ 3 cups whipped cream fat-free
- ☐ 0.3 cup water

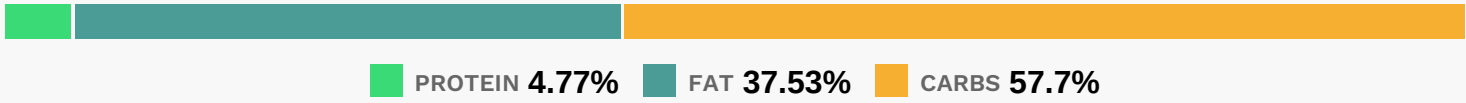
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ To prepare brittle, line a baking sheet with foil; coat the foil with cooking spray.
- ☐ Combine granulated sugar and 1/4 cup water in a small saucepan over medium-high heat. Cook until sugar dissolves, stirring gently to dissolve sugar evenly. Cook 4 minutes or until golden (do not stir).
- ☐ Remove from heat; carefully stir in sesame seeds. Rapidly spread mixture onto prepared baking sheet. Cool completely; break into small pieces.
- ☐ To prepare sake cream, combine sake, butter, brown sugar, and salt in a medium saucepan over medium-high heat; bring to a boil. Cook until reduced to 1/4 cup (about 4 minutes).
- ☐ Remove from heat; stir in cream. Gently stir in orange segments.
- ☐ Serve over ice cream; sprinkle with brittle.

Nutrition Facts



Properties

Glycemic Index:43.1, Glycemic Load:24.56, Inflammation Score:-6, Nutrition Score:8.8430433973022%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 334.73kcal (16.74%), Fat: 13.43g (20.67%), Saturated Fat: 7.65g (47.84%), Carbohydrates: 46.46g (15.49%), Net Carbohydrates: 43.52g (15.83%), Sugar: 41.06g (45.63%), Cholesterol: 41.9mg (13.97%), Sodium: 91.85mg (3.99%), Alcohol: 3.22g (100%), Alcohol %: 1.9% (100%), Protein: 3.84g (7.68%), Vitamin C: 48.29mg (58.53%), Calcium: 152.38mg (15.24%), Vitamin A: 633.97IU (12.68%), Vitamin B2: 0.21mg (12.38%), Fiber: 2.94g (11.75%), Phosphorus: 102.52mg (10.25%), Potassium: 318.21mg (9.09%), Copper: 0.17mg (8.51%), Vitamin B1: 0.13mg (8.48%), Folate: 33.15µg (8.29%), Magnesium: 29.35mg (7.34%), Vitamin B5: 0.62mg (6.24%), Vitamin B6: 0.11mg (5.43%), Zinc: 0.74mg (4.95%), Manganese: 0.1mg (4.77%), Vitamin B12: 0.27µg (4.49%), Selenium: 3.08µg (4.4%), Vitamin E: 0.5mg (3.32%), Iron: 0.58mg (3.24%), Vitamin B3: 0.46mg (2.28%), Vitamin D: 0.17µg (1.15%)