

Spiced oranges

Preparation time

10 minutes

Cooking time

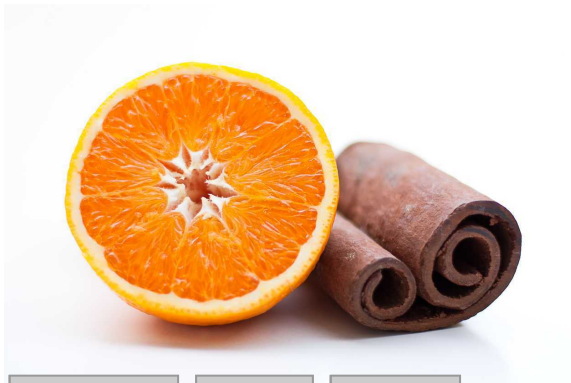
10 minutes

Serves

6

Recipe courtesy of

C Roberts, J McDonald and M Cox from Diabetes Eat and Enjoy.



Ingredients

Method

Nutrition

2 cups (500ml) red wine, such as claret or burgundy

1 cup (250ml) unsweetened orange juice

1/2 tsp ground cinnamon or 2 cinnamon sticks

6 oranges

artificial sweetener to taste

1. Place wine, orange juice and cinnamon in a saucepan and bring to the boil.
2. Boil hard for 2 minutes, then remove from heat, or microwave on high for 2-3 minutes.
3. Peel oranges, removing all pith, slice horizontally and arrange in a glass serving bowl.
4. Pour wine mixture over oranges.
5. Chill well and sweeten before serving.

Nutritional information is provided per serve

Energy 369kJ (88 calories)

Protein 3g

Saturated Fat -

Total Fat -

Carbohydrates 23g

Sugars 23g

Dietary Fibre 7g

Sodium 9mg