

FOOD FACTS

Blood Oranges



NUTRITION

- Blood oranges get their red-pigmented flesh from Anthocyanin.
- Anthocyanin is an antioxidant that reduces damage to our cells from free radicals. They can help decrease our risks of cancer.

DYK

- Blood oranges are oranges, but with red flesh. They usually have a sweeter taste.
- There are multiple types of blood oranges; each type is characterized by the shade of red in its flesh.

PREPARATION & STORAGE

- Blood oranges are available January thorough May.
- They are a delicious snack, squeezed into juice or made into a salsa.
- Look for bright color skin and avoid soft spots.

Blood Orange Sorbet

Ingredients:

4 pounds	Blood orange; juiced and zested
$\frac{3}{4}$ cup	Sugar
$1\frac{1}{4}$ cup	Water

Directions:

Finely grate enough peel from oranges to measure $1\frac{1}{2}$ tablespoons. Combine $1\frac{1}{4}$ cups water, sugar, and $1\frac{1}{2}$ tablespoons orange peel in heavy medium saucepan. Stir over high heat until sugar dissolves and syrup boils; remove syrup from heat. Juice the oranges, mix juice with syrup, cover mixture and refrigerate at least 6 hours up to 24 hours. Process orange mixture in ice cream maker. Transfer to container; cover and freeze.

