

Helergon Kitchen

Candied Orange Slices – Sweet & Zesty Treat

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 large seedless oranges, peeled and segmented
- [ ] 1 cup granulated sugar
- [ ] 1/2 cup water
- [ ] 1 tsp lemon juice

Optional Flavor Boost

- [ ] 2 cardamom pods, lightly crushed
- [ ] 1 tbsp honey

Instructions

1. Pat the orange segments dry with a paper towel; this helps the glaze cling evenly.
2. In a saucepan, combine sugar and water; stir over medium heat until the sugar dissolves.
3. Add the orange segments, cardamom (if using), and bring to a gentle simmer. Let them cook for 8-10 minutes, turning occasionally.
4. Stir in lemon juice and honey; continue to simmer until the liquid thickens into a glossy glaze, about 5 minutes.
5. Transfer the candied slices to a parchment-lined tray, allow to cool completely, then store in an airtight jar.

Nutrition per serving

180 kcal	2 g	45 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Ensure the oranges are completely dry before adding to the syrup; excess moisture prevents proper glazing.
- If the glaze becomes too thick, add a splash of water and stir gently.
- For a festive touch, dust the cooled slices with a tiny pinch of powdered sugar.