

Almond Sunshine Citrus



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon almond extract
- 2 tablespoons almonds toasted sliced
- 1 small optional: lemon
- 1 small lime
- 3 large navel oranges
- 1 medium ruby grapefruit red
- 0.3 cup sugar
- 1 medium grapefruit white

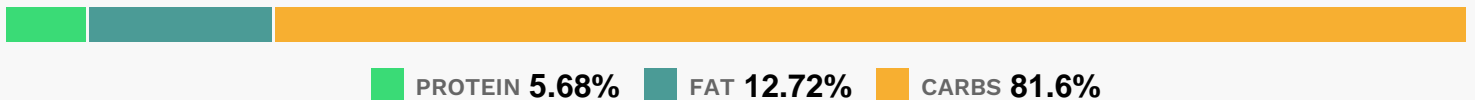
Equipment

- bowl
- sauce pan
- knife
- cutting board

Directions

- Grate enough peel from the oranges, grapefruit, lemon and lime to measure 1 tablespoon of mixed citrus peel; set peel aside. To section citrus fruit, cut a thin slice off the bottom and top of the oranges, grapefruit, lemon and lime.
- Place each fruit cut side down on a cutting board. With a sharp knife, remove peel and white pith. Holding fruit over a bowl, slice between the membrane of each section and the fruit until the knife reaches the center; remove sections and place in a glass bowl. Set 1/2 cup juice aside.
- In a small saucepan, combine the sugar and reserved peel and juice. Bring to a boil. Reduce heat; simmer, uncovered for 10 minutes. Cool; stir in extract.
- Pour over fruit. Refrigerate overnight. Just before serving, sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:46.9, Glycemic Load:14, Inflammation Score:-8, Nutrition Score:11.040869592648%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 5.78mg, Eriodictyol: 5.78mg, Eriodictyol: 5.78mg, Eriodictyol: 5.78mg Hesperetin: 37.92mg, Hesperetin: 37.92mg, Hesperetin: 37.92mg, Hesperetin: 37.92mg Naringenin: 29.17mg, Naringenin: 29.17mg, Naringenin: 29.17mg, Naringenin: 29.17mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Myricetin: 0.15mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 184.77kcal (9.24%), Fat: 2.91g (4.48%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 36.82g (13.39%), Sugar: 31.18g (34.64%), Cholesterol: 0mg (0%), Sodium: 2.15mg (0.09%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 2.92g (5.85%), Vitamin C: 101.29mg (122.77%), Fiber: 5.19g (20.75%), Vitamin A: 1012.59IU (20.25%), Folate: 50.56µg (12.64%), Vitamin E: 1.6mg (10.66%), Potassium: 352.55mg (10.07%), Calcium: 85.46mg (8.55%), Magnesium: 34.01mg (8.5%), Manganese: 0.17mg (8.46%), Vitamin B2: 0.14mg (8.38%), Vitamin B1: 0.13mg (8.34%), Vitamin B6: 0.15mg (7.63%), Copper: 0.14mg (6.76%), Phosphorus: 67.11mg (6.71%), Vitamin B5: 0.55mg (5.54%), Vitamin B3: 0.82mg (4.1%), Iron: 0.64mg (3.58%), Zinc: 0.32mg (2.14%)