



## Blood Orange and Red Onion Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 thai bird's eye chile thinly sliced
- 3 blood oranges
- 3 sprigs mint leaves fresh cut into a chiffonade
- 1 ruby grapefruit red
- 4 servings kosher salt
- 1 tablespoon olive oil extra-virgin
- 0.5 small onion red julienned

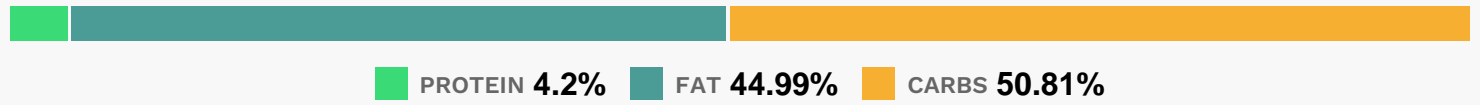
### Equipment

- bowl
- cutting board

## Directions

- Over a small bowl, supreme the blood oranges: Start by removing the top and bottom of the oranges, then place one of the flat ends of the orange on your cutting board and cut the skin off the outside while preserving the round shape. Be sure to remove all of the white pith. Pick the orange up and cut each section out of the orange in between the membranes. You will have lovely tender sections of the orange without any of the white membranes. You will be left with a "skeleton" of the orange. Squeeze the remaining juice out of the skeleton into the bowl. Repeat with the grapefruit and halve the segments.
- Toss the onions and chile into the bowl with the fruit and juice and season with a pinch of salt and the olive oil.
- Let sit for at least 20 to 30 minutes. Stir in the mint right before serving.

## Nutrition Facts



## Properties

Glycemic Index:23.63, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:3.9347826294277%

## Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg, Hesperetin: 2.95mg Naringenin: 21.57mg, Naringenin: 21.57mg, Naringenin: 21.57mg, Naringenin: 21.57mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

## Nutrients (% of daily need)

Calories: 67.68kcal (3.38%), Fat: 3.62g (5.57%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 7.67g (2.79%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 194.7mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 27.45mg (33.27%), Vitamin A: 770.16IU (15.4%), Fiber: 1.52g (6.09%), Vitamin E: 0.61mg (4.06%), Potassium: 127.64mg (3.65%), Folate: 14.56µg (3.64%), Vitamin B6: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.84%), Calcium: 22.7mg (2.27%), Manganese: 0.04mg (2.24%), Magnesium:

8.68mg (2.17%), Vitamin K: 2.27µg (2.16%), Vitamin B5: 0.21mg (2.05%), Vitamin B2: 0.03mg (1.73%), Phosphorus: 17.32mg (1.73%), Copper: 0.03mg (1.67%)