

Broiled Grapefruit

 Vegetarian  Gluten Free  Low Fod Map

READY IN



18 min.

SERVINGS



8

CALORIES



80 kcal

SIDE DISH

Ingredients

- 4 teaspoons butter
- 4 grapefruit
- 1 tablespoon ground cinnamon
- 1 tablespoon sugar white

Equipment

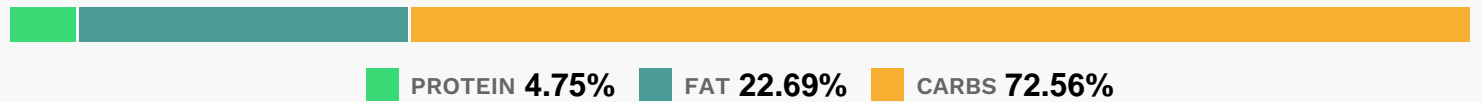
- bowl
- baking sheet
- oven

- broiler
- serrated knife

Directions

- Preheat your oven's broiler.
- Cut the grapefruits in half, and use a small serrated knife to cut out the sections in the halves. Spoon the sections and juice into a bowl, then scrape out all of the remaining thick skins and pulp. Spoon the sections from the bowl back into the halves. This is best done one half at a time.
- Sprinkle sugar and cinnamon over the top of each grapefruit half, adjusting as you see fit. Dot with butter.
- Place the halves on a cookie sheet.
- Broil for 3 to 5 minutes, until the butter is melted and sugar is starting to turn brown.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:3.97, Inflammation Score:-8, Nutrition Score:6.0486957019438%

Flavonoids

Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 79.93kcal (4%), Fat: 2.22g (3.42%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 13.42g (4.88%), Sugar: 10.34g (11.49%), Cholesterol: 5.38mg (1.79%), Sodium: 16.19mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Vitamin C: 39.97mg (48.45%), Vitamin A: 1537.42IU (30.75%), Fiber: 2.58g (10.32%), Manganese: 0.2mg (10.14%), Potassium: 177.74mg (5.08%), Folate: 16.77µg (4.19%), Calcium: 38.79mg (3.88%), Vitamin B1: 0.06mg (3.69%), Vitamin B6: 0.07mg (3.47%), Vitamin B5: 0.34mg (3.42%), Magnesium: 12.17mg (3.04%), Phosphorus: 24.28mg (2.43%), Vitamin B2: 0.04mg (2.42%), Copper: 0.04mg (2.22%), Vitamin E: 0.25mg (1.65%), Vitamin B3: 0.28mg (1.38%), Iron: 0.19mg (1.04%)