



## Broiled Grapefruit Crisp

 Vegetarian  Gluten Free  Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



167 kcal

DESSERT

### Ingredients

- 1 tablespoon brown sugar
- 2 teaspoons butter
- 1 large grapefruit cut in half
- 0.3 teaspoon ground cinnamon
- 0.3 cup rolled oats

### Equipment

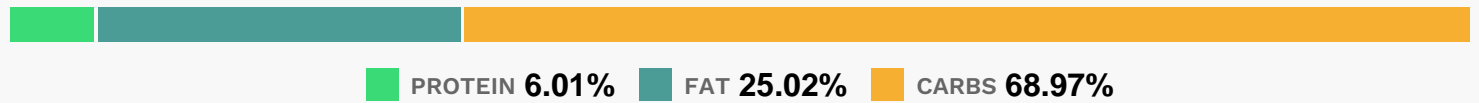
- bowl
- oven

- knife
- baking pan
- broiler

## Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Remove all visible seeds from the grapefruit and loosen sections from membrane with a sharp knife.
- Place grapefruit halves cut side up in a baking dish.
- Stir the oats, brown sugar, cinnamon, and salt together in a small bowl; add the butter and mash with a fork to incorporate oat mixture into the butter.
- Spread about half of the butter mixture over the top of each grapefruit half.
- Cook under the broiler until the topping is golden brown, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:60, Glycemic Load:6.12, Inflammation Score:-9, Nutrition Score:9.5465217472418%

## Flavonoids

Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 54.18mg, Naringenin: 54.18mg, Naringenin: 54.18mg, Naringenin: 54.18mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 167.4kcal (8.37%), Fat: 4.95g (7.62%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 26.9g (9.78%), Sugar: 17.37g (19.3%), Cholesterol: 10.75mg (3.58%), Sodium: 34.46mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin C: 51.8mg (62.79%), Vitamin A: 2034.69IU (40.69%), Manganese: 0.45mg (22.6%), Fiber: 3.81g (15.25%), Vitamin B1: 0.12mg (7.89%), Potassium: 271.05mg (7.74%), Magnesium: 29.72mg (7.43%), Phosphorus: 73.03mg (7.3%), Folate: 25.05µg (6.26%), Vitamin B5: 0.56mg (5.63%), Vitamin B6: 0.1mg (5.06%), Calcium: 50.48mg (5.05%), Copper: 0.1mg (4.82%), Selenium: 3.22µg (4.61%), Vitamin B2: 0.07mg (4.06%), Iron: 0.63mg (3.49%), Zinc: 0.5mg (3.31%), Vitamin E: 0.38mg (2.53%),

Vitamin B3: 0.46mg (2.32%)