



## Broiled Pink Grapefruit

 Gluten Free  Dairy Free

READY IN



9 min.

SERVINGS



2

CALORIES



84 kcal

SIDE DISH

### Ingredients

- 1 pink grapefruit
- 0.3 tsp ground cinnamon
- 1 tsp sugar
- 0.3 cup cool whip lite whipped topping thawed

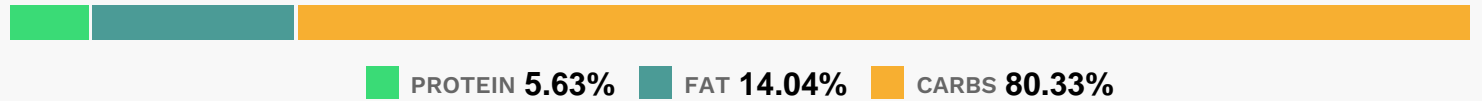
### Equipment

- knife
- broiler
- broiler pan

## Directions

- Preheat broiler.
- Cut grapefruit in half; use a sharp knife to separate sections of grapefruit from the peel.
- Combine sugar and cinnamon.
- Remove 1/4 tsp. of the cinnamon mixture; sprinkle remaining cinnamon mixture over cut sides of grapefruit.
- Place, cut sides up, in broiler pan.
- Broil, 3 to 4 inches from heat, 3 to 4 minutes or until hot and bubbly. Top each with 2 Tbsp. of the whipped topping; sprinkle with the reserved cinnamon mixture.

## Nutrition Facts



## Properties

Glycemic Index:50.05, Glycemic Load:4.38, Inflammation Score:-8, Nutrition Score:5.7308694823929%

## 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: 83.65kcal (4.18%), Fat: 1.42g (2.18%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 16.04g (5.83%), Sugar: 13.13g (14.59%), Cholesterol: 0.19mg (0.06%), Sodium: 6.8mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin C: 39.95mg (48.42%), Vitamin A: 1479.9IU (29.6%), Fiber: 2.22g (8.88%), Potassium: 183.71mg (5.25%), Manganese: 0.09mg (4.25%), Folate: 16.94µg (4.24%), Calcium: 38.09mg (3.81%), Vitamin B1: 0.06mg (3.8%), Vitamin B6: 0.07mg (3.51%), Vitamin B5: 0.34mg (3.37%), Magnesium: 12.37mg (3.09%), Phosphorus: 30.19mg (3.02%), Vitamin B2: 0.05mg (2.86%), Copper: 0.04mg (2.16%), Vitamin E: 0.22mg (1.47%), Vitamin B3: 0.27mg (1.37%)