



Candied Grapefruit Peel



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



131 kcal

SIDE DISH

Ingredients



2 large grapefruit red



1 cup sugar plus more for tossing

Equipment



sauce pan

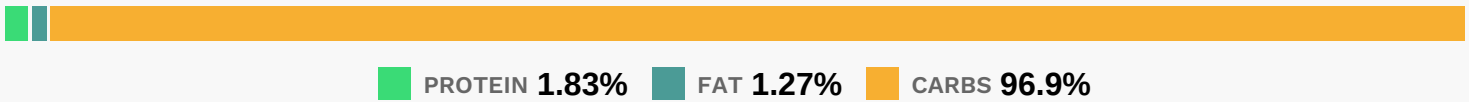


wire rack

Directions

- ☐ Cut peel from grapefruits into 3/8" strips leaving 1/4" white pith attached.
- ☐ Place in a small saucepan; add cold water to cover. Bring to a boil, then drain; repeat twice.
- ☐ Bring peel, 1 cup sugar, and 1/2 cup water to a boil in same saucepan; reduce heat and simmer until peel is translucent, 15–20 minutes.
- ☐ Drain; transfer peel to a wire rack and let dry, 2–4 hours. Toss in more sugar.

Nutrition Facts



Properties

Glycemic Index:11.89, Glycemic Load:19.34, Inflammation Score:-6, Nutrition Score:3.5034782523694%

Flavonoids

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 27.09mg, Naringenin: 27.09mg, Naringenin: 27.09mg, Naringenin: 27.09mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg 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: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 131.11kcal (6.56%), Fat: 0.2g (0.3%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 32.45g (11.8%), Sugar: 30.67g (34.08%), Cholesterol: 0mg (0%), Sodium: 0.25mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 25.9mg (31.39%), Vitamin A: 954.5IU (19.09%), Fiber: 1.33g (5.31%), Potassium: 112.55mg (3.22%), Folate: 10.79µg (2.7%), Vitamin B1: 0.04mg (2.38%), Vitamin B6: 0.04mg (2.2%), Vitamin B5: 0.22mg (2.17%), Magnesium: 7.47mg (1.87%), Calcium: 18.51mg (1.85%), Vitamin B2: 0.03mg (1.79%), Phosphorus: 14.94mg (1.49%), Copper: 0.03mg (1.42%)