

 70%
HEALTH SCORE

Caramelized Onion and Grapefruit Salad

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



42 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head torn into 1-inch pieces thinly sliced
- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 small cucumber peeled seeded thinly sliced
- 1 large fennel bulb trimmed thinly sliced
- 1 tablespoon thyme leaves fresh chopped
- 2 pink grapefruits
- 1 teaspoon honey

- 0.3 teaspoon kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 3 tablespoons olive oil
- 2 onions very thinly sliced
- 2 tablespoons red wine vinegar
- 3 scallions finely sliced

Equipment

- bowl
- frying pan
- knife
- whisk

Directions

- For the caramelized onions: In a large skillet, heat the oil over medium heat.
- Add the onions, balsamic vinegar, salt and pepper. Cook, stirring occasionally, until the onions are deep golden brown, about 20 minutes. Set aside to cool, about 10 minutes.
- For the dressing: In a small bowl, whisk together the red wine vinegar, lemon juice and honey. Slowly whisk in the olive oil until blended. Season with salt and pepper, to taste.
- For the salad: Peel and trim the ends from each grapefruit. Using a paring knife, cut along the membrane on both sides of each segment. Free the segments and add them to a large salad bowl.
- Add the lettuce, fennel, cucumber, scallions, and thyme.
- Pour the dressing over the salad and toss until all the ingredients are coated. Arrange the caramelized onions on top and serve.

Nutrition Facts



■ PROTEIN 5.13% ■ FAT 59.74% ■ CARBS 35.13%

Properties

Glycemic Index:59.21, Glycemic Load:4.39, Inflammation Score:-10, Nutrition Score:20.403913114382%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 27.92mg, Naringenin: 27.92mg, Naringenin: 27.92mg, Naringenin: 27.92mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg, Quercetin: 10.77mg

Nutrients (% of daily need)

Calories: 236.44kcal (11.82%), Fat: 16.64g (25.6%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 16.06g (5.84%), Sugar: 12.2g (13.55%), Cholesterol: 0mg (0%), Sodium: 130.05mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Vitamin A: 10257.27IU (205.15%), Vitamin K: 155.83µg (148.41%), Vitamin C: 43.99mg (53.33%), Folate: 179.59µg (44.9%), Fiber: 5.96g (23.82%), Manganese: 0.38mg (19.11%), Vitamin E: 2.83mg (18.9%), Potassium: 660.68mg (18.88%), Iron: 1.95mg (10.84%), Vitamin B6: 0.21mg (10.45%), Magnesium: 39.97mg (9.99%), Vitamin B1: 0.15mg (9.73%), Calcium: 95.9mg (9.59%), Phosphorus: 87.42mg (8.74%), Vitamin B2: 0.14mg (8.07%), Copper: 0.15mg (7.63%), Vitamin B5: 0.59mg (5.9%), Vitamin B3: 0.86mg (4.32%), Zinc: 0.54mg (3.6%), Selenium: 1.04µg (1.49%)