



Citrus and Pomegranate Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

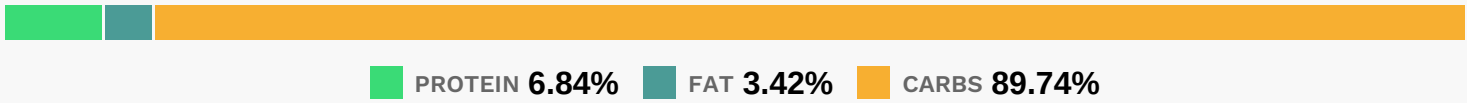
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 4 grapefruits cut into segents
- ☐ 5 orange zest
- ☐ 0.5 cup pomegranate seeds

Equipment

Directions

- ☐
- Lay fruit slices on a platter in alternating rows and sprinkle with pomegranate seeds. Top with zest and add mint, if desired.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:3.92, Inflammation Score:-9, Nutrition Score:10.676521793656%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 19.87mg, Hesperetin: 19.87mg, Hesperetin: 19.87mg, Hesperetin: 19.87mg Naringenin: 47.99mg, Naringenin: 47.99mg, Naringenin: 47.99mg, Naringenin: 47.99mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg 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: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 107.11kcal (5.36%), Fat: 0.46g (0.7%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 27g (9%), Net Carbohydrates: 22.4g (8.14%), Sugar: 17.66g (19.62%), Cholesterol: 0mg (0%), Sodium: 2.05mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin C: 93.59mg (113.44%), Vitamin A: 1807.6IU (36.15%), Fiber: 4.61g (18.43%), Folate: 53.49µg (13.37%), Potassium: 358.24mg (10.24%), Vitamin B1: 0.12mg (8.25%), Vitamin B6: 0.15mg (7.41%), Calcium: 73.64mg (7.36%), Magnesium: 24.63mg (6.16%), Vitamin B5: 0.61mg (6.12%), Vitamin B2: 0.1mg (5.72%), Copper: 0.1mg (5.03%), Manganese: 0.1mg (4.94%), Phosphorus: 48.91mg (4.89%), Vitamin B3: 0.71mg (3.56%), Vitamin E: 0.36mg (2.39%), Iron: 0.39mg (2.17%), Vitamin K: 1.68µg (1.6%), Zinc: 0.23mg (1.51%)