



Citrus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

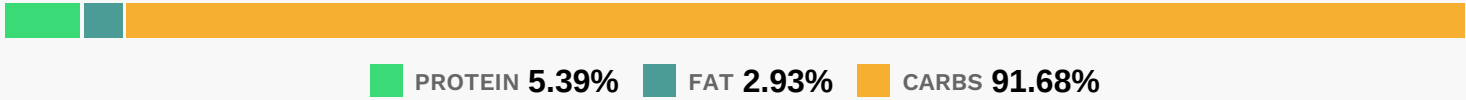
- ☐ 2 blood oranges peeled
- ☐ 2 pink grapefruit peeled
- ☐ 3 kiwifruit peeled sliced cut into quarters, and thickly
- ☐ 3 navel oranges peeled
- ☐ 1.5 tablespoons orange liqueur
- ☐ 0.5 pineapple sliced cut into quarters and thickly
- ☐ 1 tablespoon sugar

Equipment

Directions

- ☐ Combine all ingredients, stirring gently. Chill until ready to serve.
- ☐ **For testing, we used Grand Marnier.

Nutrition Facts



Properties

Glycemic Index:31.12, Glycemic Load:8.49, Inflammation Score:-8, Nutrition Score:11.25695657471%

Flavonoids

Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 12.59mg, Hesperetin: 12.59mg, Hesperetin: 12.59mg, Hesperetin: 12.59mg Naringenin: 25.11mg, Naringenin: 25.11mg, Naringenin: 25.11mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 116.64kcal (5.83%), Fat: 0.4g (0.62%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 24.33g (8.85%), Sugar: 20.22g (22.46%), Cholesterol: 0mg (0%), Sodium: 3.04mg (0.13%), Alcohol: 0.73g (100%), Alcohol %: 0.43% (100%), Protein: 1.67g (3.34%), Vitamin C: 105.25mg (127.58%), Manganese: 0.59mg (29.42%), Vitamin A: 935.48IU (18.71%), Fiber: 4.07g (16.29%), Vitamin K: 14.15µg (13.47%), Folate: 46.2µg (11.55%), Potassium: 309.53mg (8.84%), Vitamin B6: 0.16mg (8.08%), Vitamin B1: 0.12mg (8%), Copper: 0.15mg (7.58%), Magnesium: 24.19mg (6.05%), Calcium: 57.29mg (5.73%), Vitamin B5: 0.5mg (4.96%), Vitamin B2: 0.08mg (4.42%), Vitamin E: 0.62mg (4.15%), Phosphorus: 40.35mg (4.03%), Vitamin B3: 0.78mg (3.88%), Iron: 0.37mg (2.06%), Zinc: 0.21mg (1.37%)