



Citrus Salad with Ginger Yogurt

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings cranberries dried
- 0.7 cup candied ginger minced
- 0.5 cup cranberries dried
- 0.3 cup brown sugar
- 1 grapefruit peeled
- 0.3 teaspoon ground cinnamon
- 2 tablespoons honey
- 3 navel oranges

- 2 large 1 tangerine peeled

Equipment

- bowl
- knife
- colander
- cheesecloth

Directions

- Break grapefruit and tangerines into sections.
- Cut grapefruit sections into thirds; cut tangerine sections in half.
- Transfer grapefruit, tangerines, and all juices to deep serving bowl. Using small sharp knife, cut all peel and white pith from oranges. Slice oranges into 1/4-inch-thick rounds, then cut slices into quarters.
- Add oranges and all juices to same bowl.
- Mix in 1/2 cup dried cranberries, honey, and cinnamon. Cover and refrigerate at least 1 hour.
- Mix yogurt and ginger in bowl. (Fruit and yogurt can be prepared 1 day ahead. Cover separately; chill.)
- Spoon yogurt atop fruit.
- Sprinkle with brown sugar and dried cranberries.
- Greek yogurt, which is actually drained yogurt, has a luxurious texture similar to that of sour cream. Look for it at Greek markets, Trader Joe's, and Whole Foods. Or simply spoon 1 quart plain yogurt into a colander lined with cheesecloth.
- Place the colander in a large bowl and let the yogurt drain in the refrigerator overnight.
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



PROTEIN 1.7% **FAT 1.99%** **CARBS 96.31%**

Properties

Glycemic Index:20.71, Glycemic Load:5.91, Inflammation Score:-7, Nutrition Score:8.8869566010392%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 18.63mg, Hesperetin: 18.63mg, Hesperetin: 18.63mg, Hesperetin: 18.63mg Naringenin: 22.9mg, Naringenin: 22.9mg, Naringenin: 22.9mg, Naringenin: 22.9mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 303.22kcal (15.16%), Fat: 0.73g (1.12%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 78.95g (26.32%), Net Carbohydrates: 73.82g (26.84%), Sugar: 68.67g (76.3%), Cholesterol: 0mg (0%), Sodium: 8.72mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Vitamin C: 65.48mg (79.37%), Fiber: 5.13g (20.51%), Vitamin A: 936.21IU (18.72%), Folate: 35.98µg (9%), Manganese: 0.18mg (8.88%), Potassium: 276.04mg (7.89%), Vitamin E: 1.08mg (7.23%), Calcium: 66.76mg (6.68%), Vitamin B6: 0.13mg (6.5%), Vitamin B1: 0.09mg (6.29%), Vitamin B5: 0.49mg (4.85%), Magnesium: 18.96mg (4.74%), Vitamin B2: 0.08mg (4.54%), Copper: 0.09mg (4.51%), Vitamin B3: 0.77mg (3.87%), Phosphorus: 35.69mg (3.57%), Vitamin K: 3.07µg (2.93%), Iron: 0.44mg (2.46%), Zinc: 0.17mg (1.16%)