



## 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 additional cranberries dried
- ☐ 0.7 cup crystallized ginger minced
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup brown sugar
- ☐ 1 pink grapefruit peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 3 navel oranges

☐ 2 large tangerines 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%)