



Citrus Salad with Mint Sugar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



10

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons mint leaves fresh chopped
- 2 tablespoons grand marnier
- 8 kumquats thinly sliced
- 2 optional: lemon
- 2 lime
- 0.3 cup sugar

Equipment

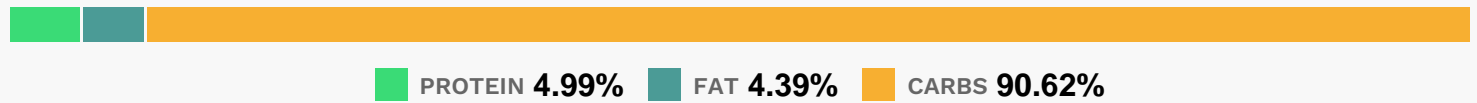
- food processor

bowl

Directions

- Cut peel and white pith from all fruit except kumquats. Slice clementines crosswise into 1/4" slices.
- Cut between membranes of remaining peeled fruit to release segments.
- Mix fruits in a large bowl.
- Add Grand Marnier, if using; toss gently to incorporate. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- Combine sugar and mint in a small food processor. Pulse until mint is finely chopped.
- Transfer fruit to a large bowl, scatter kumquat slices over, if using, and sprinkle salad with 2 Tbsp. mint sugar.
- Serve remaining mint sugar alongside.

Nutrition Facts



Properties

Glycemic Index:12.76, Glycemic Load:4.18, Inflammation Score:-3, Nutrition Score:2.5808695457552%

Flavonoids

Eriodictyol: 4.92mg, Eriodictyol: 4.92mg, Eriodictyol: 4.92mg, Eriodictyol: 4.92mg Hesperetin: 11.89mg, Hesperetin: 11.89mg, Hesperetin: 11.89mg, Hesperetin: 11.89mg Naringenin: 9.3mg, Naringenin: 9.3mg, Naringenin: 9.3mg, Naringenin: 9.3mg Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 50.27kcal (2.51%), Fat: 0.26g (0.39%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 9.88g (3.59%), Sugar: 8.15g (9.05%), Cholesterol: 0mg (0%), Sodium: 2.82mg (0.12%), Alcohol: 0.78g (100%), Alcohol %: 1.67% (100%), Protein: 0.66g (1.32%), Vitamin C: 22.34mg (27.08%), Fiber: 2.05g (8.19%), Potassium: 78.44mg (2.24%), Iron: 0.4mg (2.2%), Calcium: 21.97mg (2.2%), Manganese: 0.04mg (2.03%), Vitamin A: 98.01IU (1.96%), Copper: 0.04mg (1.8%), Folate: 7.17µg (1.79%), Magnesium: 6.46mg (1.62%), Vitamin B6: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.45%), Vitamin B1: 0.02mg (1.28%), Vitamin B5: 0.11mg (1.05%)