



Citrus Salad with Mint Sugar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons grand marnier
- ☐ 7 grapefruits
- ☐ 8 kumquats thinly sliced
- ☐ 2 lemons
- ☐ 2 limes
- ☐ 0.3 cup sugar

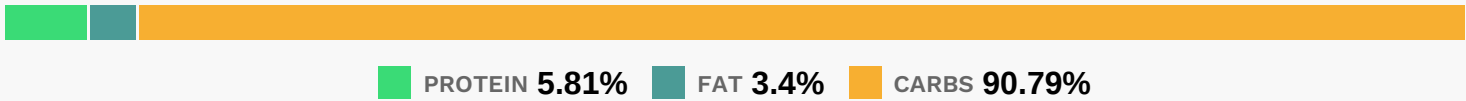
Equipment

- ☐ 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:-6, Nutrition Score:8.1130433918341%

Flavonoids

Eriodictyol: 4.92mg, Eriodictyol: 4.92mg, Eriodictyol: 4.92mg, Eriodictyol: 4.92mg Hesperetin: 33.32mg, Hesperetin: 33.32mg, Hesperetin: 33.32mg, Hesperetin: 33.32mg Naringenin: 16.26mg, Naringenin: 16.26mg, Naringenin: 16.26mg, Naringenin: 16.26mg Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 98.29kcal (4.91%), Fat: 0.4g (0.62%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 20.02g (7.28%), Sugar: 16.48g (18.31%), Cholesterol: 0mg (0%), Sodium: 3.8mg (0.17%), Alcohol: 0.78g (100%), Alcohol %: 0.63% (100%), Protein: 1.55g (3.1%), Vitamin C: 80.26mg (97.28%), Fiber: 4.2g (16.82%), Folate: 40.49µg (10.12%), Potassium: 241.12mg (6.89%), Vitamin A: 340.07IU (6.8%), Calcium: 64.11mg (6.41%), Vitamin B1: 0.09mg (5.72%), Vitamin B6: 0.11mg (5.36%), Vitamin B2: 0.07mg (4.39%), Magnesium: 17.24mg (4.31%),

Copper: 0.07mg (3.71%), Vitamin B5: 0.36mg (3.61%), Manganese: 0.07mg (3.45%), Phosphorus: 32.21mg (3.22%),
Iron: 0.52mg (2.91%), Vitamin B3: 0.55mg (2.76%), Vitamin E: 0.23mg (1.54%)