



Citrus Salad with Spiced Honey



Vegetarian



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 1 teaspoon peppercorns black
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 leaves olive oil extra virgin fresh
- ☐ 2 ruby grapefruit red
- ☐ 0.5 cup honey
- ☐ 2 lime
- ☐ 3 mandarin orange segents

- ☐ 3 medium size cranberry–orange relish
- ☐ 4.4 oz pomegranate seeds fresh
- ☐ 0.3 teaspoon pepper dried red crushed

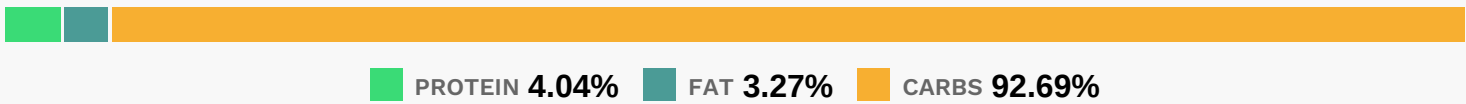
Equipment

- ☐ sieve

Directions

- ☐ Bring first 6 ingredients and 1/2 cup water to a boil over medium–high heat. Boil, stirring often, 1 minute.
- ☐ Remove from heat, and let stand 30 minutes.
- ☐ Meanwhile, peel oranges, next 3 ingredients, and, if desired, kumquats.
- ☐ Cut away bitter white pith.
- ☐ Cut each fruit into thin rounds. Arrange on a serving platter, and sprinkle with pomegranate seeds.
- ☐ Pour honey mixture through a fine wire–mesh strainer, discarding solids.
- ☐ Drizzle fruit with desired amount of spiced honey; reserve remaining for another use (such as flavoring iced tea). Top with a drizzle of olive oil, a handful of mint leaves, and sea salt.
- ☐ *Pink or red peppercorns may be substituted.
- ☐ Note: Salad may be made up to a day ahead. Prepare as directed; cover and chill up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:37.22, Glycemic Load:16.08, Inflammation Score:-8, Nutrition Score:8.5634782780772%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 23.42mg, Hesperetin: 23.42mg, Hesperetin: 23.42mg

23.42mg, Hesperetin: 23.42mg Naringenin: 31.48mg, Naringenin: 31.48mg, Naringenin: 31.48mg, Naringenin: 31.48mg
Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg,
Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin:
0.08mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg Gallocatechin: 0.03mg,
Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 152.57kcal (7.63%), Fat: 0.62g (0.96%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 39.64g (13.21%),
Net Carbohydrates: 35.36g (12.86%), Sugar: 32.16g (35.73%), Cholesterol: 0mg (0%), Sodium: 3.49mg (0.15%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 60.73mg (73.61%), Vitamin A:
1074.49IU (21.49%), Fiber: 4.29g (17.15%), Manganese: 0.22mg (11.21%), Folate: 35.86µg (8.97%), Potassium: 302.1mg
(8.63%), Vitamin B1: 0.1mg (6.98%), Calcium: 60.88mg (6.09%), Vitamin B6: 0.12mg (5.78%), Copper: 0.11mg
(5.41%), Magnesium: 19.02mg (4.75%), Vitamin B5: 0.47mg (4.75%), Vitamin B2: 0.07mg (4.24%), Vitamin K: 3.84µg
(3.65%), Phosphorus: 35.37mg (3.54%), Vitamin E: 0.42mg (2.82%), Iron: 0.49mg (2.73%), Vitamin B3: 0.51mg
(2.56%), Zinc: 0.24mg (1.59%), Selenium: 0.71µg (1.01%)