

Citrus Salad with Star Anise

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1500 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 grapefruit white assorted
- 2 navel oranges
- 0.3 cup sugar
- 0.3 cup water
- 4 star anise whole

Equipment

- bowl
- sauce pan

knife

Directions

- Simmer water with sugar and anise in a small saucepan over moderate heat, stirring occasionally, 1 minute. Cool slightly.
- Cut peel and white pith from grapefruits and oranges with a sharp knife. Working over a bowl, cut grapefruit and orange sections free from membranes.
- Pour off juice released during cutting from bowl and reserve.
- Stir syrup into fruit and chill, covered, 1 hour. Stir in reserved juice to taste.
- Salad can be made 1 day ahead and chilled, covered.
- Each serving about 135 calories and less than 1 gram fat.
- Bon Appétit

Nutrition Facts



PROTEIN 5% **FAT 2.81%** **CARBS 92.19%**

Properties

Glycemic Index:25.02, Glycemic Load:13.11, Inflammation Score:-9, Nutrition Score:11.34782616211%

Flavonoids

Hesperetin: 15.98mg, Hesperetin: 15.98mg, Hesperetin: 15.98mg, Hesperetin: 15.98mg Naringenin: 67.64mg, Naringenin: 67.64mg, Naringenin: 67.64mg, Naringenin: 67.64mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 166.43kcal (8.32%), Fat: 0.57g (0.88%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 37.51g (13.64%), Sugar: 31.65g (35.17%), Cholesterol: 0mg (0%), Sodium: 1.72mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin C: 101.48mg (123.01%), Vitamin A: 2384.01IU (47.68%), Fiber: 4.76g (19.03%), Folate: 48.86µg (12.21%), Potassium: 390.06mg (11.14%), Vitamin B1: 0.13mg (8.9%), Vitamin B6: 0.16mg (8.18%), Calcium: 79.37mg (7.94%), Vitamin B5: 0.69mg (6.94%), Magnesium: 26.83mg (6.71%), Vitamin B2: 0.1mg (5.91%), Phosphorus: 55.06mg (5.51%), Copper: 0.1mg (5.05%), Manganese: 0.09mg (4.3%), Vitamin B3: 0.72mg (3.6%), Iron: 0.62mg (3.45%), Vitamin E: 0.35mg (2.36%), Zinc: 0.25mg (1.64%)