



Citrus Salad with Star Anise Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 blood oranges
- ☐ 5 large grapefruit red
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water
- ☐ 3 star anise whole

Equipment

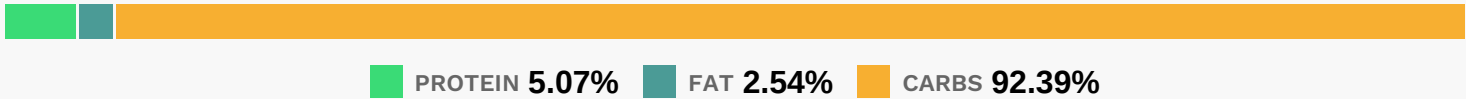
- ☐ bowl
- ☐ sauce pan

☐ knife

Directions

- ☐ Dissolve sugar in water in a small heavy saucepan over medium heat, stirring.
- ☐ Add star anise and simmer 5 minutes.
- ☐ Let stand off heat 30 minutes.
- ☐ Cut peel, including white pith, from fruit with a sharp knife.
- ☐ Cut segments free from membranes into a bowl. Squeeze juice from membranes into bowl.
- ☐ Add syrup with star anise to fruit and juice and stir gently.
- ☐ Remove star anise before serving if desired.
- ☐ Citrus salad can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:17.82, Glycemic Load:10.8, Inflammation Score:-9, Nutrition Score:9.1634783926217%

Flavonoids

Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg, Hesperetin: 2.5mg Naringenin: 68.72mg, Naringenin: 68.72mg, Naringenin: 68.72mg, Naringenin: 68.72mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg 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: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 123.55kcal (6.18%), Fat: 0.38g (0.59%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 27.93g (10.16%), Sugar: 23.22g (25.8%), Cholesterol: 0mg (0%), Sodium: 0.64mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Vitamin C: 68.28mg (82.76%), Vitamin A: 2402.04IU (48.04%), Fiber: 3.53g (14.12%), Potassium: 297.46mg (8.5%), Folate: 28.96µg (7.24%), Vitamin B1: 0.1mg (6.41%), Vitamin B6: 0.12mg (5.82%), Vitamin B5: 0.56mg (5.63%), Calcium: 51.05mg (5.11%), Magnesium: 20.06mg (5.02%), Vitamin B2: 0.07mg (4.09%), Phosphorus: 39.91mg (3.99%), Copper: 0.07mg (3.74%), Manganese: 0.06mg (2.81%), Vitamin B3: 0.45mg (2.27%), Vitamin E: 0.28mg (1.88%), Iron: 0.32mg (1.75%), Zinc: 0.17mg (1.14%)