

SIDE DISH

Citrus-Strawberry Salad

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.38	188 kcal

Citrus-Strawberry Salad could be just the gluten free, dairy free, lacto ovo vegetarian, and fodmap friendly recipe you've been looking for. This hor d'oeuvre has 188 calories, 3g of protein, and 1g of fat per serving. This recipe serves 4.

Ingredients

- | | |
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| ☐ 2 pink grapefruit | ☐ 4 kiwifruit, peeled and cubed |
| ☐ 4 servings Garnish: fresh mint sprigs | ☐ 3 tablespoons powdered sugar |
| ☐ 3 cups strawberries, coarsely chopped | ☐ 2 tangerines |

EQUIPMENT Bowl, Knife

Method

- 1 Cut grapefruit in half. Carefully remove grapefruit segments with a paring knife, leaving shells intact.
- 2 Remove and discard seeds and bitter pith from segments.
- 3 Cut segments into bite-size pieces; place in a bowl. Peel tangerines with a paring knife, removing membranes between segments; cut segments into bite-size pieces, and add to bowl.
- 4 Add strawberries, kiwifruit, powdered sugar, and, if desired, orange flower water to bowl, stirring gently. Cover and chill 1 hour. Spoon mixture evenly into grapefruit shells; garnish, if desired.
- 5 *1/2 teaspoon grated orange rind may be substituted for 1 teaspoon orange flower water.
- 6 Note: Orange flower water can be found in some ethnic markets such as Asian, Mediterranean, or Italian.

Nutrition per serving

188

KCAL

3 g

PROTEIN

1 g

FAT

47 g

CARBS

Saturated Fat

0.1 g · 1% of daily needs

Fibre

7.8 g · 31% of daily needs

Sugar

32.8 g · 36% of daily needs

Sodium

6.9 mg · 0% of daily needs

Cholesterol

0 mg · 0% of daily needs

Vitamin C

183 mg · 222% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/citrus-strawberry-salad-148541