



Citrus Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

Ingredients

- 0.5 small grapefruit peeled
- 0.5 medium cranberry-orange relish peeled
- 4 inch orange rind
- 4 cups citrus champagne vinegar

Equipment

- sauce pan
- sieve
- cheesecloth

Directions

- Combine first 3 ingredients in a wide-mouth quart glass jar; set aside.
- Pour vinegar into a nonaluminum saucepan; bring to a boil.
- Pour hot vinegar over fruit and rind in jar; cover with lid.
- Let stand at room temperature 2 weeks.
- Pour mixture through a wire-mesh strainer lined with 2 layers of cheesecloth into decorative bottles or jars, discarding fruit. Seal bottles with corks or airtight lids.
- Use in vinaigrettes and in fruit or vegetable salads.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:1.22, Inflammation Score:-4, Nutrition Score:3.2339130264261%

Flavonoids

Hesperetin: 4.55mg, Hesperetin: 4.55mg, Hesperetin: 4.55mg, Hesperetin: 4.55mg Naringenin: 10.67mg, Naringenin: 10.67mg, Naringenin: 10.67mg, Naringenin: 10.67mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 66.07kcal (3.3%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 4.83g (1.75%), Sugar: 3.25g (3.62%), Cholesterol: 0mg (0%), Sodium: 19.2mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin C: 21.16mg (25.65%), Vitamin A: 335.01IU (6.7%), Iron: 1.13mg (6.29%), Manganese: 0.12mg (5.98%), Potassium: 161.98mg (4.63%), Fiber: 1.06g (4.25%), Magnesium: 14.01mg (3.5%), Calcium: 30.48mg (3.05%), Phosphorus: 26.45mg (2.64%), Folate: 8.92µg (2.23%), Copper: 0.04mg (2.08%), Vitamin B1: 0.03mg (1.87%), Vitamin B6: 0.03mg (1.38%), Vitamin B5: 0.12mg (1.19%)