



Grapefruit and Greens

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- 2 large pink grapefruit peeled
- 0.3 cup grapefruit juice
- 1 green onion thinly sliced
- 4 cups salad greens mixed
- 1 packet calorie-free sweetener with aspartame (such as equal packets)
- 0.5 teaspoon olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

2 tablespoons citrus champagne vinegar

Equipment

bowl

Directions

Combine first 6 ingredients in a small bowl; set aside.

Place 1 cup salad greens on each of 4 plates. Arrange grapefruit sections evenly over greens, and sprinkle evenly with green onions. Stir juice mixture until well blended; spoon dressing over salads.

Tip: Section the grapefruit over a bowl, then use the juice to make the dressing for this salad.

Nutrition Facts



PROTEIN 7.71% **FAT 6.96%** **CARBS 85.33%**

Properties

Glycemic Index:46.75, Glycemic Load:4.99, Inflammation Score:-9, Nutrition Score:9.6817390659581%

Flavonoids

Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 54.18mg, Naringenin: 54.18mg, Naringenin: 54.18mg, Naringenin: 54.18mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 93.13kcal (4.66%), Fat: 0.79g (1.22%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 19g (6.91%), Sugar: 13.87g (15.41%), Cholesterol: 0mg (0%), Sodium: 157.25mg (6.84%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin C: 66.96mg (81.17%), Vitamin A: 2395.37IU (47.91%), Fiber: 2.79g (11.14%), Folate: 38.71µg (9.68%), Potassium: 337.67mg (9.65%), Vitamin K: 6.72µg (6.4%), Vitamin B6: 0.12mg (6.11%), Manganese: 0.12mg (5.99%), Vitamin B1: 0.09mg (5.68%), Magnesium: 22.42mg (5.61%), Vitamin B5: 0.51mg (5.07%), Phosphorus: 49.55mg (4.96%), Calcium: 46.55mg (4.66%), Vitamin B2: 0.07mg (4.36%), Copper: 0.08mg (3.91%), Vitamin B3: 0.63mg (3.17%), Iron: 0.56mg (3.1%), Vitamin E: 0.31mg (2.04%), Zinc: 0.24mg (1.57%)