



Grapefruit-And-Greens Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon fennel seeds
- ☐ 2 large grapefruit
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 cup onion red thinly sliced
- ☐ 6 cups the salad
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup seasoned rice vinegar

☐ 1.5 teaspoons thyme dried fresh

Equipment

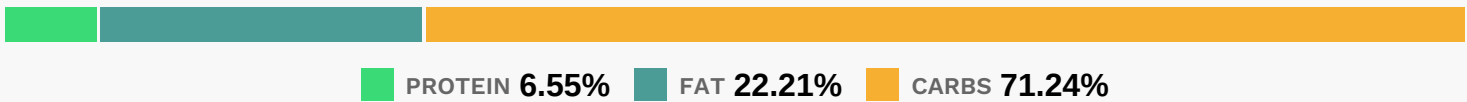
☐ bowl

☐ whisk

Directions

- ☐ Peel and section grapefruit to get 1 1/2 cups sections, reserving 2 tablespoons grapefruit juice.
- ☐ Combine grapefruit, onion, and thyme in a large bowl.
- ☐ Combine reserved grapefruit juice, vinegar, and next 4 ingredients; stir well with a whisk.
- ☐ Add salad greens and dressing mixture to grapefruit mixture; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:5.49, Inflammation Score:-9, Nutrition Score:9.3769566235335%

Flavonoids

Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 43.35mg, Naringenin: 43.35mg, Naringenin: 43.35mg, Naringenin: 43.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 118.28kcal (5.91%), Fat: 3.13g (4.82%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 19.66g (7.15%), Sugar: 13.97g (15.52%), Cholesterol: 0mg (0%), Sodium: 131.03mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin C: 55.19mg (66.9%), Vitamin A: 2085.06IU (41.7%), Fiber: 2.95g (11.79%), Folate: 42.01µg (10.5%), Manganese: 0.2mg (10.07%), Potassium: 320.27mg (9.15%), Vitamin B6: 0.15mg (7.59%), Vitamin K: 6.96µg (6.63%), Vitamin B1: 0.09mg (5.96%), Magnesium: 22.85mg (5.71%), Phosphorus: 55.13mg (5.51%), Calcium: 54.39mg (5.44%), Iron: 0.96mg (5.33%), Vitamin B2: 0.08mg (4.59%), Vitamin B5: 0.45mg (4.48%), Copper: 0.09mg (4.41%), Vitamin E: 0.6mg (4.03%), Vitamin B3: 0.62mg (3.08%),

Zinc: 0.29mg (1.95%)