



Grapefruit "C and G



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



379 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup campari
- ☐ 0.5 cup plus light
- ☐ 2 tablespoons crystallized ginger diced
- ☐ 1 cup ginger ale
- ☐ 12 large grapefruit
- ☐ 0.5 cup grenadine syrup
- ☐ 1.8 cups sugar divided

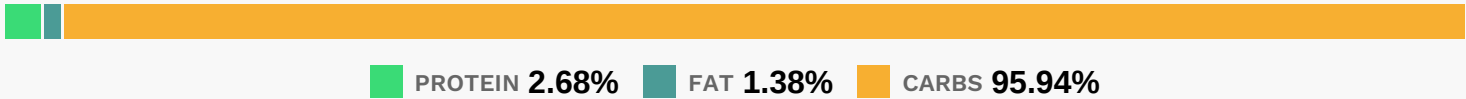
Equipment

- ☐ sauce pan
- ☐ wax paper
- ☐ candy thermometer

Directions

- ☐ Peel and section grapefruit; set sections aside. Reserve rind from 3 grapefruit.
- ☐ Cut pith from rind, and discard.
- ☐ Cut rind into thin strips.
- ☐ Cover rind with water in a saucepan; bring to a boil, and boil 5 minutes.
- ☐ Drain and return rind to saucepan. Stir in 1 cup sugar, grenadine, and corn syrup.
- ☐ Cook over medium heat, stirring constantly, until a candy thermometer registers hard crack (300).
- ☐ Drain rind quickly, and toss with remaining 3/4 cup sugar.
- ☐ Let pieces cool on wax paper; store in airtight container.
- ☐ Stir together ginger ale, Campari, and ginger.
- ☐ Pour over grapefruit sections. Cover and chill at least 2 hours.
- ☐ Serve with candied rind.
- ☐ *2 (24-ounce) jars grapefruit sections may be substituted for fresh. If using
- ☐ substitutions, omit candied rind.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:39.99, Inflammation Score:-10, Nutrition Score:12.939130461734%

Flavonoids

Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 108.36mg, Naringenin: 108.36mg, Naringenin: 108.36mg, Naringenin: 108.36mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg 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: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 379.1kcal (18.95%), Fat: 0.59g (0.9%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 91.43g (30.48%), Net Carbohydrates: 86.11g (31.31%), Sugar: 72.11g (80.13%), Cholesterol: 0mg (0%), Sodium: 14.33mg (0.62%), Alcohol: 3.35g (100%), Alcohol %: 1% (100%), Protein: 2.56g (5.11%), Vitamin C: 103.58mg (125.56%), Vitamin A: 3818IU (76.36%), Fiber: 5.31g (21.25%), Potassium: 452.86mg (12.94%), Folate: 43.16µg (10.79%), Vitamin B1: 0.15mg (10.08%), Vitamin B6: 0.18mg (8.8%), Vitamin B5: 0.87mg (8.7%), Magnesium: 30.75mg (7.69%), Calcium: 76.57mg (7.66%), Vitamin B2: 0.11mg (6.46%), Phosphorus: 60.29mg (6.03%), Copper: 0.12mg (5.76%), Manganese: 0.08mg (3.84%), Vitamin B3: 0.68mg (3.39%), Vitamin E: 0.43mg (2.88%), Zinc: 0.32mg (2.17%), Iron: 0.32mg (1.79%), Selenium: 0.71µg (1.01%)