



Grapefruit Compote in Mint Syrup



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



184 kcal

SAUCE

Ingredients

- ☐ 6 large grapefruit
- ☐ 3 tablespoons honey
- ☐ 10 servings garnish: mint sprigs fresh
- ☐ 3 mint sprigs fresh
- ☐ 10 servings try build-a-meal
- ☐ 1 cup sugar

Equipment

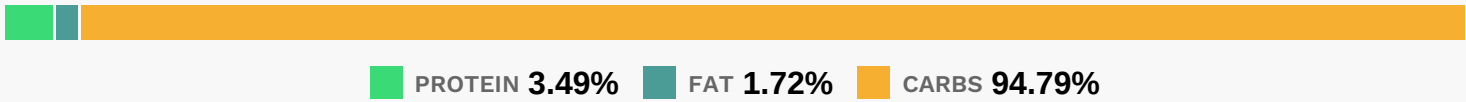
- ☐ bowl

☐ sauce pan

Directions

- ☐ Peel and section grapefruit over a serving bowl to catch juice. Measure 1/2 cup grapefruit juice. Reserve remaining juice for another use, if desired.
- ☐ Add grapefruit to bowl. Set aside.Bring reserved 1/2 cup grapefruit juice, sugar, honey, and 3 mint sprigs to a boil in a saucepan over medium heat; boil 5 minutes.
- ☐ Remove from heat, and cool completely.
- ☐ Remove and discard mint.
- ☐ Pour mint syrup over fruit in bowl. Cover and chill 8 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.74, Glycemic Load:21.2, Inflammation Score:-9, Nutrition Score:9.0204348121972%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 65.02mg, Naringenin: 65.02mg, Naringenin: 65.02mg, Naringenin: 65.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 183.97kcal (9.2%), Fat: 0.38g (0.59%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 47.31g (15.77%), Net Carbohydrates: 43.78g (15.92%), Sugar: 38.87g (43.19%), Cholesterol: 0mg (0%), Sodium: 0.87mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin C: 62.6mg (75.87%), Vitamin A: 2346.13IU (46.92%), Fiber: 3.53g (14.12%), Potassium: 287.29mg (8.21%), Folate: 27.65µg (6.91%), Manganese: 0.13mg (6.6%), Vitamin B1: 0.09mg (5.98%), Vitamin B6: 0.11mg (5.64%), Vitamin B5: 0.55mg (5.46%), Magnesium: 21.57mg (5.39%), Calcium: 48.12mg (4.81%), Vitamin B2: 0.07mg (4.38%), Phosphorus: 43.38mg (4.34%), Copper: 0.08mg (3.93%), Vitamin B3: 0.49mg (2.46%), Vitamin E: 0.27mg (1.82%), Iron: 0.33mg (1.81%), Zinc: 0.23mg (1.5%), Selenium: 0.88µg (1.26%)