



Grapefruit Compote in Rosemary Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



200 kcal

SAUCE

Ingredients

- ☐ 3 sprigs rosemary fresh
- ☐ 6 large grapefruit
- ☐ 3 tablespoons honey
- ☐ 0.5 cup maraschino cherries with stems
- ☐ 10 servings garnish: additional rosemary sprigs fresh
- ☐ 1 cup sugar
- ☐ 0.5 cup water

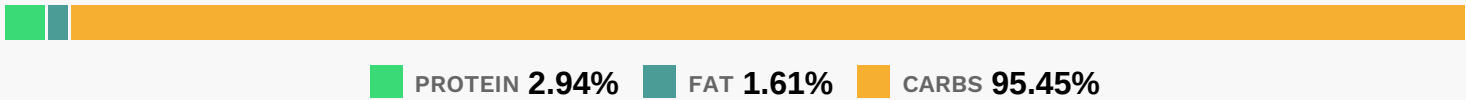
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a saucepan. Bring to a boil over medium heat. Boil 5 minutes.
- ☐ Remove from heat, and let cool completely.
- ☐ Remove and discard rosemary.
- ☐ Peel and section grapefruit over a serving bowl to catch juice.
- ☐ Add grapefruit to bowl.
- ☐ Pour rosemary syrup over fruit in bowl.
- ☐ Add cherries. Cover and chill until ready to serve.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.74, Glycemic Load:21.22, Inflammation Score:-9, Nutrition Score:8.6539129064135%

Flavonoids

Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 65.03mg, Naringenin: 65.03mg, Naringenin: 65.03mg, Naringenin: 65.03mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg 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: 199.7kcal (9.99%), Fat: 0.38g (0.59%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 51.46g (17.15%), Net Carbohydrates: 47.84g (17.4%), Sugar: 43.45g (48.27%), Cholesterol: 0mg (0%), Sodium: 1.57mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin C: 62.25mg (75.45%), Vitamin A: 2300.13IU (46%), Fiber: 3.63g (14.5%), Potassium: 276.24mg (7.89%), Folate: 26.36µg (6.59%), Vitamin B1: 0.09mg (5.75%), Vitamin B6: 0.11mg (5.48%), Vitamin B5: 0.53mg (5.33%), Calcium: 52.52mg (5.25%), Magnesium: 18.89mg (4.72%), Copper: 0.09mg (4.34%), Vitamin B2: 0.07mg (4.02%), Phosphorus: 36.55mg (3.66%), Manganese: 0.05mg (2.66%), Vitamin B3: 0.42mg (2.08%), Vitamin E: 0.26mg (1.77%), Iron: 0.28mg (1.54%), Zinc: 0.19mg (1.27%)