

Grapefruit Freeze

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

Ingredients

- 64 ounce ruby grapefruit juice red
- 8 servings garnish: mint sprig fresh
- 0.5 cup mint leaves chopped
- 8 servings try build-a-meal
- 1.5 cups sugar
- 1 cup water

Equipment

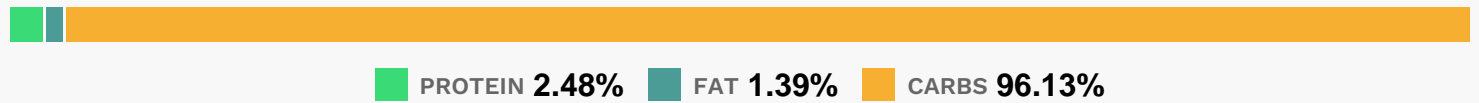
- food processor

- sauce pan
- sieve
- spatula

Directions

- Bring sugar and 1 cup water to a boil in a saucepan.
- Add mint; cover and let stand 5 minutes.
- Pour through a fine wire-mesh strainer into an 8-cup container; discard mint.
- Add grapefruit juice. Divide mixture into 2 (1-quart) freezer containers; cover and freeze at least 4 hours.
- Let stand 30 minutes before serving. Scrape with a spatula, or process, in batches, in a food processor.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:38.15, Inflammation Score:-4, Nutrition Score:5.8556521196404%

Flavonoids

Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Nutrients (% of daily need)

Calories: 254.61kcal (12.73%), Fat: 0.41g (0.63%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 63.78g (21.26%), Net Carbohydrates: 63.02g (22.92%), Sugar: 62.38g (69.31%), Cholesterol: 0mg (0%), Sodium: 7.58mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Vitamin C: 62.22mg (75.42%), Potassium: 397.15mg (11.35%), Magnesium: 28.51mg (7.13%), Iron: 1.18mg (6.58%), Manganese: 0.11mg (5.67%), Vitamin B3: 0.8mg (4%), Vitamin A: 177.94IU (3.56%), Phosphorus: 34.05mg (3.41%), Fiber: 0.76g (3.03%), Calcium: 29.23mg (2.92%), Vitamin B5: 0.25mg (2.55%), Folate: 9.03µg (2.26%), Zinc: 0.33mg (2.21%), Copper: 0.03mg (1.34%), Vitamin B2: 0.02mg (1.19%), Selenium: 0.74µg (1.05%)