



Grapefruit Ice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 26 ounce grapefruit sections undrained
- ☐ 1 large cranberry-orange relish
- ☐ 1 tablespoon like-sugar calorie-free sweetener

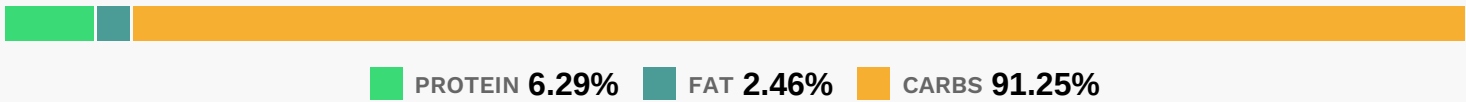
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ baking pan

Directions

- ☐ Peel and section orange over a bowl; squeeze membranes to extract juice. Reserve juice for another use; discard membranes.
- ☐ Combine orange sections, sweetener, and grapefruit in a blender or food processor; process until smooth.
- ☐ Pour mixture into a 13 x 9-inch baking pan. Cover and freeze 2 hours, stirring every 30 minutes with a fork.
- ☐ Let stand 5 minutes before serving.
- ☐ Garnish with mint sprigs, if desired.
- ☐ carbo rating: 13

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:4.02, Inflammation Score:-8, Nutrition Score:6.7717392522356%

Flavonoids

Hesperetin: 8.79mg, Hesperetin: 8.79mg, Hesperetin: 8.79mg, Hesperetin: 8.79mg Naringenin: 44.8mg, Naringenin: 44.8mg, Naringenin: 44.8mg, Naringenin: 44.8mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 69.09kcal (3.45%), Fat: 0.22g (0.33%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 15.25g (5.55%), Sugar: 12.21g (13.57%), Cholesterol: 0mg (0%), Sodium: 0mg (0%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin C: 54.64mg (66.23%), Vitamin A: 1481.75IU (29.64%), Fiber: 2.76g (11.04%), Potassium: 222.96mg (6.37%), Folate: 25.38µg (6.35%), Vitamin B1: 0.08mg (5.3%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.4mg (3.99%), Calcium: 39.5mg (3.95%), Magnesium: 14.24mg (3.56%), Vitamin B2: 0.05mg (2.96%), Copper: 0.05mg (2.68%), Phosphorus: 26.62mg (2.66%), Manganese: 0.03mg (1.73%), Vitamin B3: 0.34mg (1.69%), Vitamin E: 0.22mg (1.45%)