



Grapefruit, Onion, and Basil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

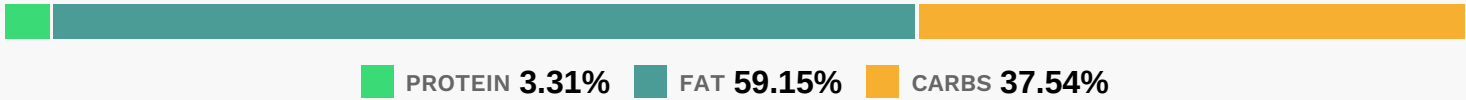
- ☐ 3 tablespoons aged balsamic vinegar
- ☐ 1 cup basil thinly sliced
- ☐ 0.3 cup olives black pitted chopped
- ☐ 2 tablespoons chives chopped
- ☐ 2 grapefruits trimmed cut into large slices
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 onion red peeled thinly sliced
- ☐ 8 servings salt and pepper black freshly ground

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the grapefruit slices in a slightly overlapping pattern on a serving platter.
- ☐ Sprinkle the onion slices over the grapefruit. Then sprinkle the olives. Top with the basil and chives.
- ☐ Drizzle the balsamic vinegar and olive oil over the salad.
- ☐ Sprinkle with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:4.5982608503622%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 90.64kcal (4.53%), Fat: 6.24g (9.59%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.49g (2.72%), Sugar: 5.65g (6.28%), Cholesterol: 0mg (0%), Sodium: 89.67mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Vitamin C: 21.45mg (26%), Vitamin A: 949.69IU (18.99%), Vitamin K: 17.48µg (16.65%), Vitamin E: 1.08mg (7.21%), Fiber: 1.42g (5.67%), Manganese: 0.08mg (4.04%), Potassium: 117.97mg (3.37%), Folate: 12.64µg (3.16%), Calcium: 26.7mg (2.67%), Magnesium: 10.19mg (2.55%), Vitamin B6: 0.05mg (2.49%), Copper: 0.05mg (2.28%), Vitamin B1: 0.03mg (2.24%), Vitamin B5: 0.19mg (1.88%), Phosphorus: 17.15mg (1.72%), Iron: 0.28mg (1.57%), Vitamin B2: 0.03mg (1.49%)