



Honey Grapefruit with Banana



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



162 kcal

SIDE DISH

Ingredients



1 cup banana sliced (1)



1 tablespoon mint leaves fresh chopped



24 ounce grapefruit refrigerated red (2 cups)



1 tablespoon honey

Equipment

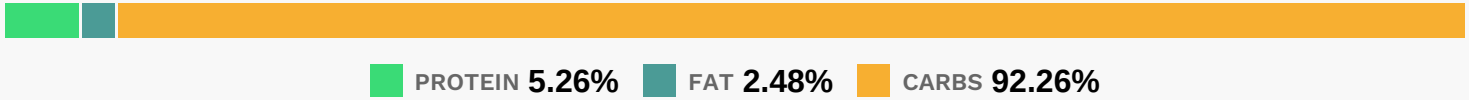


bowl

Directions

- ☐ Drain grapefruit sections, reserving 1/4 cup juice.
- ☐ Combine grapefruit sections, juice, and remaining ingredients in a medium bowl. Toss gently to coat.
- ☐ Serve immediately, or cover and chill.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:13.7, Inflammation Score:-9, Nutrition Score:12.026521894595%

Flavonoids

Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg, Catechin: 3.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 74.03mg, Naringenin: 74.03mg, Naringenin: 74.03mg, Naringenin: 74.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 162.2kcal (8.11%), Fat: 0.5g (0.77%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 36.61g (13.31%), Sugar: 27.47g (30.53%), Cholesterol: 0mg (0%), Sodium: 1.3mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin C: 75.68mg (91.73%), Vitamin A: 2710.96IU (54.22%), Fiber: 5.08g (20.3%), Vitamin B6: 0.31mg (15.38%), Potassium: 498.3mg (14.24%), Manganese: 0.21mg (10.5%), Folate: 41.52µg (10.38%), Magnesium: 35.38mg (8.85%), Vitamin B5: 0.77mg (7.72%), Vitamin B1: 0.11mg (7.63%), Vitamin B2: 0.11mg (6.7%), Copper: 0.12mg (5.98%), Calcium: 56.87mg (5.69%), Phosphorus: 53.32mg (5.33%), Vitamin B3: 0.83mg (4.16%), Iron: 0.43mg (2.36%), Vitamin E: 0.34mg (2.3%), Zinc: 0.27mg (1.78%), Selenium: 0.78µg (1.12%)