



Marmalade-Broiled Grapefruit

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 2 medium grapefruit halved
- 1 tablespoon low-sugar orange marmalade

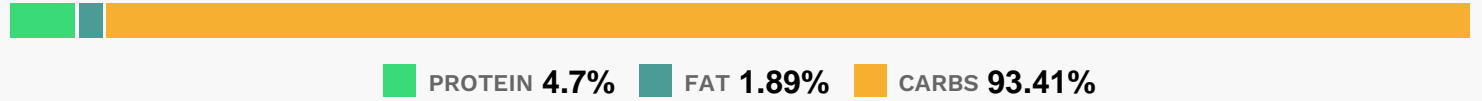
Equipment

- oven

Directions

- Remove seeds, and loosen sections of grapefruit halves.
- Combine marmalade and sugar; brush mixture over cut surfaces of grapefruit. Broil grapefruit 5 1/2 inches from heat (with electric oven door partially opened) 5 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:2.91, Inflammation Score:-8, Nutrition Score:5.4552174301251%

Flavonoids

Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 77.46kcal (3.87%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 17.87g (6.5%), Sugar: 14.73g (16.37%), Cholesterol: 0mg (0%), Sodium: 3.64mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin C: 40.18mg (48.7%), Vitamin A: 1475.1IU (29.5%), Fiber: 2.08g (8.33%), Potassium: 178.64mg (5.1%), Folate: 17.12µg (4.28%), Vitamin B1: 0.06mg (3.69%), Vitamin B6: 0.07mg (3.5%), Vitamin B5: 0.34mg (3.4%), Calcium: 32.55mg (3.26%), Magnesium: 11.89mg (2.97%), Vitamin B2: 0.04mg (2.41%), Phosphorus: 23.36mg (2.34%), Copper: 0.05mg (2.34%), Manganese: 0.03mg (1.55%), Vitamin B3: 0.27mg (1.34%), Vitamin E: 0.17mg (1.13%)