



Mesclun with Red Grapefruit and Feta

 Vegetarian  Gluten Free

READY IN



11 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce feta cheese crumbled
- ☐ 1 cup grapefruit sections red (2 large)
- ☐ 3 tablespoons grapefruit juice fresh
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1 teaspoon honey
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 6 cups mesclun salad greens
- ☐ 0.3 teaspoon salt

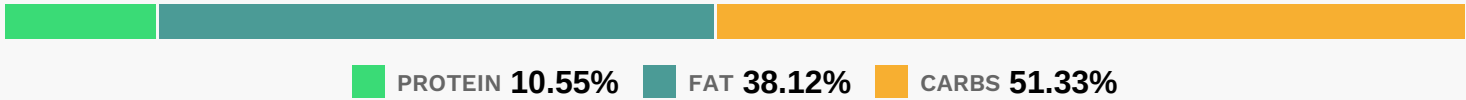
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine mesclun and grapefruit sections in a large bowl.
- ☐ Combine grapefruit juice and next 4 ingredients in a small bowl, stirring with a whisk.
- ☐ Pour over salad; toss gently to coat. Divide evenly among plates.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:46.07, Glycemic Load:2.74, Inflammation Score:-8, Nutrition Score:6.3378260368886%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg, Naringenin: 18.77mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg 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: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 80.86kcal (4.04%), Fat: 3.66g (5.63%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.14g (3.69%), Sugar: 6.64g (7.37%), Cholesterol: 6.31mg (2.1%), Sodium: 242.09mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin C: 34.9mg (42.3%), Vitamin A: 1373.89IU (27.48%), Folate: 32.21µg (8.05%), Vitamin B2: 0.11mg (6.38%), Phosphorus: 59.04mg (5.9%), Potassium: 205.23mg (5.86%), Calcium: 56.78mg (5.68%), Manganese: 0.11mg (5.63%), Vitamin B6: 0.11mg (5.46%), Fiber: 0.95g (3.8%), Magnesium: 14.39mg (3.6%), Vitamin B1: 0.05mg (3.58%), Vitamin B5: 0.3mg (3.04%), Iron: 0.54mg (3.01%), Vitamin B3: 0.55mg (2.77%), Copper: 0.05mg (2.61%), Zinc: 0.39mg (2.58%), Vitamin E: 0.38mg (2.51%), Vitamin B12: 0.12µg (2%), Selenium: 1.38µg (1.97%), Vitamin K: 1.43µg (1.37%)