



Pink-and-White Grapefruit Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

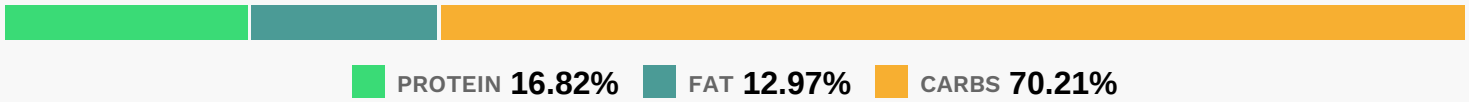
- ☐ 10 servings garnish: baby lettuces
- ☐ 3 large pink grapefruit peeled
- ☐ 10 servings citrus sauce fresh
- ☐ 0.3 cup pistachios chopped
- ☐ 2 large grapefruit white peeled

Equipment

Directions

- ☐ Cut grapefruit into 1/2-inch-thick slices. Arrange pink and white grapefruit slices alternately on a serving platter. Just before serving, drizzle grapefruit slices with 2/3 cup Fresh Citrus Sauce, and sprinkle with pistachios.
- ☐ Serve with remaining Fresh Citrus Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.23, Glycemic Load:5.16, Inflammation Score:-9, Nutrition Score:12.7599999907535%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 32.57mg, Naringenin: 32.57mg, Naringenin: 32.57mg, Naringenin: 32.57mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg 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: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 119.14kcal (5.96%), Fat: 1.83g (2.81%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 16.2g (5.89%), Sugar: 11.45g (12.73%), Cholesterol: 0mg (0%), Sodium: 15.66mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin C: 60.31mg (73.1%), Vitamin A: 1715.09IU (34.3%), Fiber: 6.05g (24.18%), Manganese: 0.36mg (17.81%), Vitamin B1: 0.26mg (17.5%), Vitamin K: 17.98µg (17.12%), Folate: 61.67µg (15.42%), Vitamin B6: 0.23mg (11.38%), Phosphorus: 111.33mg (11.13%), Copper: 0.2mg (9.98%), Potassium: 343.15mg (9.8%), Magnesium: 36.63mg (9.16%), Vitamin B3: 1.76mg (8.79%), Vitamin B2: 0.13mg (7.74%), Iron: 1.27mg (7.03%), Zinc: 1.04mg (6.91%), Calcium: 43.31mg (4.33%), Vitamin B5: 0.35mg (3.53%), Selenium: 1.62µg (2.31%), Vitamin E: 0.29mg (1.96%)