



Pink Grapefruit Compote

 Vegetarian  Gluten Free  Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



112 kcal

SAUCE

Ingredients

- 2 tablespoons mint leaves fresh minced
- 24 ounce pink grapefruit sections in juice drained
- 2 tablespoons honey
- 2 teaspoons juice of lemon fresh

Equipment

- bowl

Directions

Combine all ingredients in a bowl. Cover and chill until ready to serve.

Nutrition Facts

 **PROTEIN 3.89%**  **FAT 1.51%**  **CARBS 94.6%**

Properties

Glycemic Index:25.07, Glycemic Load:13.49, Inflammation Score:-3, Nutrition Score:4.159565202163%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 112.46kcal (5.62%), Fat: 0.2g (0.31%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 27.68g (10.07%), Sugar: 27.39g (30.44%), Cholesterol: 0mg (0%), Sodium: 4.62mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin C: 47.57mg (57.66%), Potassium: 297.82mg (8.51%), Magnesium: 19.37mg (4.84%), Iron: 0.85mg (4.74%), Vitamin B3: 0.57mg (2.84%), Vitamin A: 118.26IU (2.37%), Phosphorus: 21.16mg (2.12%), Calcium: 20.46mg (2.05%), Manganese: 0.04mg (1.9%), Vitamin B5: 0.19mg (1.89%), Folate: 6.96µg (1.74%), Fiber: 0.4g (1.59%), Zinc: 0.22mg (1.48%)