



Ruby Red Grapefruit Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

SIDE DISH

Ingredients

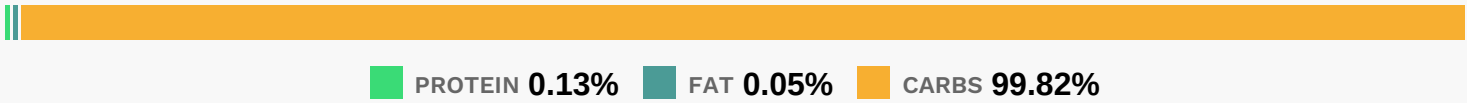
- ☐ 5 Tbsp grapefruit juice fresh
- ☐ 1 teaspoon 1 teaspoon grapefruit zest
- ☐ 3 cups powdered sugar
- ☐ 1 drop food coloring red

Equipment

Directions

Stir together powdered sugar, grapefruit zest, fresh grapefruit juice, and red food coloringuntil blended.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.66, Inflammation Score:1, Nutrition Score:0.37956521198477%

Nutrients (% of daily need)

Calories: 239.31kcal (11.97%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 61.32g (20.44%), Net Carbohydrates: 61.27g (22.28%), Sugar: 60.07g (66.74%), Cholesterol: 0mg (0%), Sodium: 1.47mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 3.79mg (4.6%)