



Salad with Red Grapefruit-Lemon Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1 cup grapefruit segments red
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup grapefruit juice fresh red

- ☐ 0.3 small onion red thinly sliced
- ☐ 10 ounce romaine lettuce chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

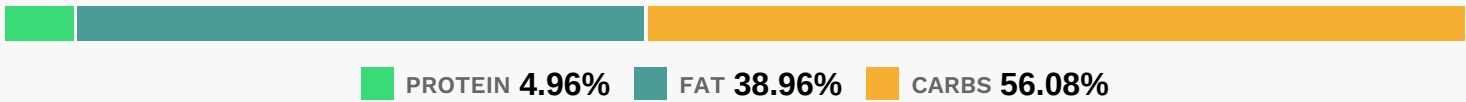
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 8 ingredients in a small bowl.
- ☐ Combine romaine lettuce, carrots, grapefruit segments, and sliced onion in a large bowl.
- ☐ Sprinkle with sunflower seeds, if desired.
- ☐ Serve with vinaigrette.
- ☐ Note: Store remaining vinaigrette in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:43.85, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:11.8700000255%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 12.58mg, Naringenin: 12.58mg, Naringenin: 12.58mg, Naringenin: 12.58mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 105.85kcal (5.29%), Fat: 4.94g (7.6%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 13.46g (4.89%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 157.46mg (6.85%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin A: 8124.78IU (162.5%), Vitamin K: 59.79µg (56.95%), Vitamin C: 21.39mg (25.93%), Folate: 75.89µg (18.97%), Fiber: 2.54g (10.16%), Potassium: 280.73mg (8.02%), Manganese: 0.15mg (7.54%), Vitamin B1: 0.08mg (5.02%), Vitamin B6: 0.1mg (4.88%), Vitamin E: 0.65mg (4.31%), Magnesium: 16.83mg (4.21%), Iron: 0.72mg (4%), Vitamin B2: 0.06mg (3.73%), Calcium: 37.13mg (3.71%), Phosphorus: 36.21mg (3.62%), Copper: 0.05mg (2.7%), Vitamin B5: 0.27mg (2.69%), Vitamin B3: 0.52mg (2.58%), Selenium: 1.61µg (2.31%), Zinc: 0.25mg (1.68%)