



Sunshine Citrus Platter



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients



8 servings ground cinnamon



8 servings garnish: mint leaves fresh



4 navel oranges



2 tablespoons powdered sugar



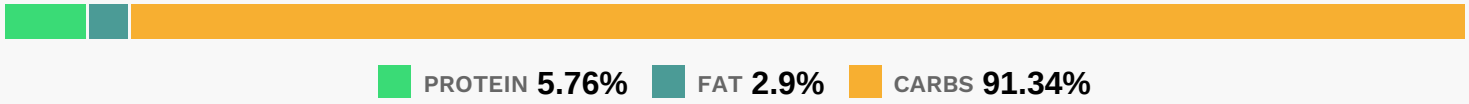
2 rio star grapefruit red

Equipment

Directions

- ☐ Peel oranges and grapefruit; cut into 1/2-inch-thick rounds. Cover and chill 1 to 24 hours.
- ☐ Arrange fruit on a large platter. Sift powdered sugar over fruit; sprinkle with cinnamon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:5.4126086465043%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 15.41mg, Hesperetin: 15.41mg, Hesperetin: 15.41mg, Hesperetin: 15.41mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg 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: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 48.56kcal (2.43%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 9.94g (3.62%), Sugar: 7.95g (8.83%), Cholesterol: 0mg (0%), Sodium: 1.29mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin C: 41.82mg (50.69%), Manganese: 0.39mg (19.36%), Fiber: 2.72g (10.87%), Folate: 25.08µg (6.27%), Calcium: 54.21mg (5.42%), Vitamin A: 222.06IU (4.44%), Potassium: 134.15mg (3.83%), Vitamin B1: 0.05mg (3.31%), Vitamin B6: 0.06mg (3.07%), Magnesium: 10.13mg (2.53%), Vitamin B2: 0.04mg (2.37%), Iron: 0.4mg (2.23%), Copper: 0.04mg (1.99%), Vitamin B5: 0.2mg (1.95%), Phosphorus: 19.21mg (1.92%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.15mg (1.01%)