



Warm Winter Citrus Dessert

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



285 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons butter softened
- 2 large oranges peeled
- 1 cup pineapple chunks fresh
- 2 grapefruit red peeled

Equipment

- bowl
- oven

baking pan

broiler

Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Place the grapefruit sections, orange sections, and pineapple chunks into an 8x8-inch baking dish. Stir the brown sugar and butter together in a small bowl, and scatter the butter mixture evenly across the fruit.

Broil the fruit until the sugar is bubbly, 5 to 6 minutes. Allow to cool for several minutes before serving warm.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:6.48, Inflammation Score:-9, Nutrition Score:11.352173963967%

Flavonoids

Hesperetin: 25.5mg, Hesperetin: 25.5mg, Hesperetin: 25.5mg, Hesperetin: 25.5mg Naringenin: 54.24mg, Naringenin: 54.24mg, Naringenin: 54.24mg, Naringenin: 54.24mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 285.08kcal (14.25%), Fat: 6.02g (9.27%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 60.2g (20.07%), Net Carbohydrates: 55.26g (20.09%), Sugar: 52.19g (57.99%), Cholesterol: 15.05mg (5.02%), Sodium: 53.3mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Vitamin C: 92.88mg (112.58%), Vitamin A: 1826IU (36.52%), Fiber: 4.94g (19.78%), Vitamin B1: 0.19mg (12.91%), Potassium: 444.17mg (12.69%), Folate: 47.03µg (11.76%), Calcium: 97.83mg (9.78%), Vitamin B6: 0.18mg (8.81%), Magnesium: 31.76mg (7.94%), Copper: 0.16mg (7.85%), Vitamin B5: 0.6mg (5.96%), Vitamin B2: 0.09mg (5.28%), Phosphorus: 41.94mg (4.19%), Vitamin B3: 0.71mg (3.56%), Manganese: 0.07mg (3.38%), Vitamin E: 0.5mg (3.33%), Iron: 0.55mg (3.07%), Selenium: 1.22µg (1.74%), Zinc: 0.22mg (1.49%)