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Broiled Grapefruit · ·

Broiled grapefruit is a delicious and healthy breakfast option. It is made by cutting a grapefruit in half, sprinkling it with sugar, and broiling it until the sugar caramelizes. The result is a warm and tangy treat that is perfect for starting your day.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

400 g	Grapefruit
20 g	sugar

Directions

Step 1

Preheating

Preheat the broiler.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Cutting, sprinkling

Cut the grapefruit in half and sprinkle each half with sugar.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Broiling

Place the grapefruit halves on a baking sheet and broil for 3-5 minutes, until the sugar caramelizes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 52 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	14 g	25.45%	28%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	28 iu	3.11%	4%
Vitamin C	64 mg	71.11%	85.33%
Vitamin B6	3 mg	230.77%	230.77%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	1 mg	12.5%	5.56%
Potassium	166 mg	4.88%	6.38%
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Kitchen Tools

Slow Cooker

Course

Salads

Snacks

Cultural

Chinese New Year

Easter

Demographics

Kids Friendly

Teen Friendly

Diet

Paleo Diet

Vegetarian Diet

Vegan Diet

Lacto-Vegetarian Diet

The F-Plan Diet

The Israeli Army Diet

The Werewolf Diet

Cooking Method

Plating

Serving

Cooking

Difficulty Level

Easy

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