



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Citrus Salad with Star Anise ♦♦

A refreshing salad made with citrus fruits and flavored with star anise. This salad is vegan and perfect for a light and healthy meal.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

300 g	oranges
200 g	Grapefruits
2 pieces	star anise

### Directions

## Step 1

Cut

Peel and segment the oranges and grapefruits.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

## Step 2

Plating

Arrange the citrus segments on a plate.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 3

Garnish with star anise.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 85 kcal

**Fat: 0 g**

**Protein: 1 g**

**Carbohydrates: 21 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)
Carbohydrates	21 g	38.18%	42%
Fibers	4 g	10.53%	16%
Sugars	16 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	15 iu	1.67%	2.14%
Vitamin C	130 mg	144.44%	173.33%
Vitamin B6	5 mg	384.62%	384.62%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	6 mg	0.6%	0.6%
Iron	1 mg	12.5%	5.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Picnic

### Course

Salads Snacks

### Cultural

Chinese New Year Diwali Passover Christmas Easter

### Cost

Under \$10

### Demographics

Senior Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet Flexitarian Diet Vegetarian Diet

### Meal Type

Snack Supper

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)