

# Broiled Grapefruit

2 Servings • 1 Serving = ½ Grapefruit



## INGREDIENTS

- 1 large grapefruit
- 1 Tablespoon brown sugar, divided

## DIRECTIONS

1. Preheat broiler. Line a baking sheet with aluminum foil.
2. Wash and dry grapefruit. Slice each of the opposite ends of the grapefruit to make two flat surfaces and then slice the grapefruit in half.
3. Carefully run a small paring knife around the edges of the grapefruit and in between the segments to loosen the segments.
4. Place grapefruit halves on the baking sheet, cut side up. Spread half of the brown sugar on top of the fruit (not the rind). Place the baking sheet under broiler until sugar caramelizes and is golden, about 4 minutes.
5. Carefully remove the baking sheet from the oven and serve each grapefruit on a plate.

## Nutrition Facts

2 servings per container

Serving size 1/2 grapefruit

Amount per serving

**Calories** **80**

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 8%

Dietary Fiber 2g 7%

Total Sugars 17g

Includes 6g Added Sugars 12%

Protein 1g

Vitamin D --mcg --%

Calcium 40mg 4%

Iron 0mg 0%

Potassium 160mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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