

Broiled Grapefruit Halves

Low Fat, Low Sodium, Vegetarian

2 servings; 1/2 grapefruit each

Ingredients:

1 grapefruit, cut in
half
2 teaspoons sugar
1/4
teaspoon cinnamon,
ground

Directions:

1. Preheat broiler.
2. Sprinkle sugar and cinnamon over both halves of the grapefruit and place on baking sheet.
3. Broil until sugar melts and starts to bubble.

Recipe Facts

Amount Per Serving (1/2 grapefruit each)

Calories 69

% Daily Value*

Total Fat 0g**0%**

Saturated Fat 0g**0%**

Cholesterol 0mg**0%**

Sodium 0mg**0%**

Potassium 168mg**5%**

Total Carbohydrates 18g**6%**

Dietary Fiber 2g**8%**

Sugars 13g

Protein 1g**2%**

Vitamin A**28%**

Vitamin C**64%**

Calcium**3%**

Iron**0%**

* Percent Daily Values are based on a 2000 calorie diet.

Source: What's Cooking? USDA Mixing Bowl