

# FOOD FACTS

## Red Grapefruit



### NUTRITION

- Grapefruit is a great source of vitamin A, vitamin C, and a good source of lycopene.
- Vitamin A helps our skin regenerate and stay healthy, vitamin C helps our bodies fight infections, and lycopene is an antioxidant which is thought to help protect against cancer

### DYK

- Adding a little salt to grapefruit will make it taste sweeter; since the bitter receptors on your tongue compete with the salty receptors.
- Grapefruit is a citrus hybrid originating in Barbados as an accidental cross between the sweet orange (*C. sinensis*) and the pomelo or shaddock (*C. maxima*), both of which were introduced from Asia in the 17th century.

### PREPARATION & STORAGE

- The most common way to eat grapefruit is to cut it in half and scoop it out with a spoon, but you can also peel and section it like an orange. .
- They are a delicious snack, squeezed into juice or made into a salsa.
- Look for bright color skin and avoid soft spots.

### Grapefruit Sorbet

Ingredients: 4 pounds of grapefruit, juiced and zested

$\frac{3}{4}$  cup Sugar

1 $\frac{1}{4}$  cup Water

Directions:

Finely grate enough peel from the grapefruit to measure 1  $\frac{1}{2}$  tablespoons. Combine 1  $\frac{1}{4}$  cups water, sugar, and 1  $\frac{1}{2}$  tablespoons orange peel in heavy medium saucepan. Stir over high heat until sugar dissolves and syrup boils; remove syrup from heat. Juice the oranges, mix juice with syrup, cover mixture and refrigerate at least 6 hours up to 24 hours. Process orange mixture in ice cream maker. Transfer to container; cover and freeze.

