

# GRAPEFRUIT

## FRESH

for use in the USDA Household  
Commodity Food Distribution Programs

9/25/02

### Product Description

**Grapefruit** is U.S. Grade 3 or better whole, fresh fruit.

### Pack/Yield

Grapefruit is packed in 1-pound to 5-pound bags. Each grapefruit yields 2 servings, with each half providing about ½ cup fruit and juice.

### Storage

- Store grapefruit in a cool, dry, well-ventilated area. Refrigerated storage is not recommended.
- Peeled grapefruit sections should be refrigerated in a nonmetallic container and used quickly.

### Uses and Tips

- Serve fresh grapefruit halved for breakfast, or peel the fruit and use sections and juice in salads or fruit drinks.



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### Nutrition Information

- **Grapefruit** is an excellent source of Vitamin C. One serving provides 80% of the recommended daily value for adults.
- Half a grapefruit or ½-cup of grapefruit sections provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

<b>Nutrition Facts</b>			
Serving size ½ grapefruit or ½ cup grapefruit sections (123g)			
<b>Amount Per Serving</b>			
<b>Calories</b>	40	Fat Cal	0
			<b>% Daily Value*</b>
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	9g		<b>3%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	8g		
<b>Protein</b>	1g		<b>2%</b>
Vitamin A	6%	Vitamin C	80%
Calcium	2%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet.			

## Honey-Lime Fruit Salad

¼ cup honey\*  
¼ cup frozen limeade concentrate, thawed  
2 teaspoons poppy seed, optional  
1 grapefruit, peeled and sectioned (membranes removed)  
5 cups cut up fruit (strawberries, cantaloupe, honeydew, pineapple, etc.)  
¼ cup walnuts, chopped and toasted

1. Mix honey, limeade concentrate, and poppy seed in medium bowl.
2. Carefully toss fruit with honey mixture. Sprinkle with walnuts.

\*Honey is not recommended for children under 1 year of age.

**Makes 6 (one-cup) servings**

*Recipe provided by Betty Crocker*

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### Nutrition Information for each serving of Honey-Lime Fruit Salad:

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Calories	120	Cholesterol	0 mg	Sugar	23 g	Calcium	30 mg
Calories from Fat	5	Sodium	10 mg	Protein	1 g	Iron	0 mg
Total Fat	0.5 g	Total Carbohydrate	30 g	Vitamin A	296 RE		
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	52 mg		

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## Pink Grapefruit Sorbet

3 grapefruits  
½ cup sugar  
1½ teaspoons lemon juice

1. Using the finest grating face on a cheese grater, remove the zest (colored part) from the peel of half a grapefruit.
2. Squeeze enough juice from the grapefruit to make 2 cups juice. Strain seeds and pulp from juice, and pour into a mixing bowl. Add zest, sugar, and lemon juice. Mix well. Freeze the grapefruit mixture in a storage container until solid. Shave sorbet with a spoon, and serve in cups.

*Recipe provided by ultimatecitrus.com*

**Makes 4 (half-cup) servings**

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### Nutrition Information for each serving of Pink Grapefruit Sorbet:

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Calories	160	Cholesterol	0 mg	Sugar	37 g	Calcium	13 mg
Calories from Fat	0	Sodium	0 mg	Protein	1 g	Iron	0 mg
Total Fat	0 g	Total Carbohydrate	40 g	Vitamin A	4 RE		
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	55 mg		

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**These recipes, presented to you by USDA, have not been tested or standardized.**

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