



Apple and Fennel Salad

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tbsp olive oil extra virgin
- ☐ 1 fennel bulb
- ☐ 1 apples i use 2 granny smith apples
- ☐ 0.5 juice of lemon
- ☐ 2 tbsp parmesan shaved
- ☐ 3 servings pepper freshly ground
- ☐ 1 handful tender salad greens
- ☐ 3 servings flaky sea salt (I used Maldon)

☐ 2 tbsp walnuts toasted

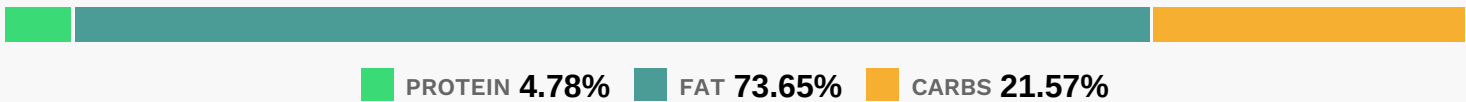
Equipment

- ☐ bowl
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Cut the fennel bulb vertically, so that you're cutting through the trimmed shoots. Once halved, you can see the hard core at the base of the fennel. Scoop it out and discard. Next, place the halved fennel on a cutting board, flat surface down. Slice it diagonally starting from the base, making sure to keep them as thin as possible. Or use a mandolin if you have one. Next, halve and core the apple.
- ☐ Cut into thin slices.
- ☐ Transfer the fennel and apple to a bowl, making sure to separate the ones that are stuck together.
- ☐ Sprinkle with salt, pepper and lemon zest.
- ☐ Add the salad green, walnuts and Parmesan and toss together. In a small bowl, whisk together the lemon and olive oil.
- ☐ Add salt and pepper.
- ☐ Pour the dressing over the salad. Toss to coat evenly.
- ☐ Garnish with more Parmesan and walnuts.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:3.82, Inflammation Score:-5, Nutrition Score:10.291739082207%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 280.89kcal (14.04%), Fat: 24.16g (37.17%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 11.56g (4.21%), Sugar: 9.7g (10.78%), Cholesterol: 2.27mg (0.76%), Sodium: 292.4mg (12.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Vitamin K: 61.96µg (59.01%), Vitamin E: 3.31mg (22.08%), Manganese: 0.43mg (21.6%), Vitamin C: 17.27mg (20.93%), Fiber: 4.36g (17.44%), Potassium: 449.94mg (12.86%), Phosphorus: 97.63mg (9.76%), Copper: 0.18mg (9.19%), Calcium: 90.64mg (9.06%), Folate: 35.6µg (8.9%), Magnesium: 30.24mg (7.56%), Vitamin A: 316.96IU (6.34%), Iron: 1.07mg (5.93%), Vitamin B6: 0.11mg (5.68%), Vitamin B2: 0.07mg (4.08%), Vitamin B3: 0.72mg (3.59%), Zinc: 0.51mg (3.4%), Vitamin B1: 0.05mg (3.16%), Vitamin B5: 0.29mg (2.95%), Selenium: 1.69µg (2.41%)