



Apple-Fennel Salad with Walnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



104 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 cup apple juice
- ☐ 2 apples cored sliced quartered
- ☐ 6 cups baby arugula
- ☐ 1 fennel bulb halved sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup shallots chopped
- ☐ 2.5 tablespoons walnut oil

☐ 0.8 cup walnut pieces toasted

Equipment

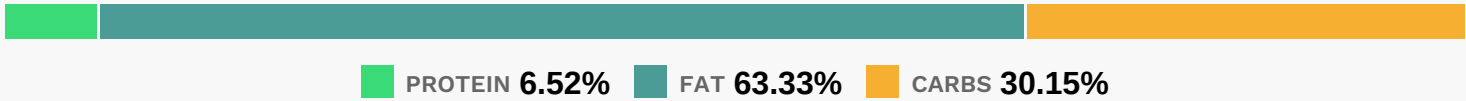
☐ bowl

☐ whisk

Directions

- ☐ Whisk together shallots, juice, vinegar, oil, and salt in a large bowl.
- ☐ Add arugula, apples, and fennel, tossing gently to coat in dressing.
- ☐ Transfer salad to a serving bowl and top with walnuts.
- ☐ *We like La Tourangelle brand, sold at well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:19.98, Glycemic Load:2.09, Inflammation Score:-4, Nutrition Score:5.0613043411918%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 104.38kcal (5.22%), Fat: 7.85g (12.08%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 6.26g (2.28%), Sugar: 5.21g (5.79%), Cholesterol: 0mg (0%), Sodium: 111.11mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin K: 24.49µg (23.32%), Manganese: 0.35mg (17.72%), Fiber: 2.15g (8.6%), Copper: 0.15mg (7.51%), Vitamin C: 5.77mg (7%), Folate: 24.72µg (6.18%), Potassium: 205.86mg (5.88%), Vitamin A: 281.52IU (5.63%), Magnesium: 22.51mg (5.63%), Phosphorus: 47.11mg (4.71%), Vitamin B6:

0.09mg (4.31%), Calcium: 37.01mg (3.7%), Iron: 0.61mg (3.38%), Vitamin B1: 0.04mg (2.7%), Zinc: 0.35mg (2.31%),
Vitamin B2: 0.04mg (2.09%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.17mg (1.66%), Vitamin B3: 0.28mg (1.39%)