



Arugula, Fennel, and Parmesan Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound arugula
- ☐ 2 tablespoons chicken broth
- ☐ 1 medium fennel bulb (sometimes called anise)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 oz parmesan fresh
- ☐ 1 small onion red coarsely chopped
- ☐ 0.3 teaspoon sugar

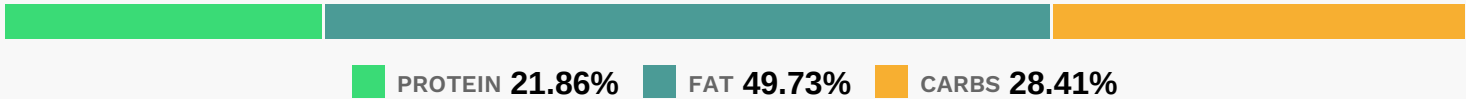
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mandoline
- ☐ peeler

Directions

- ☐ Remove fronds, stalks, and tough outer layer from fennel. Halve bulb lengthwise and cut into paper-thin slices with a mandoline or other manual slicer.
- ☐ Whisk together broth, lemon juice, oil, sugar, and salt and pepper to taste in a large bowl.
- ☐ Add fennel, arugula, and onion, then toss together. Thinly shave enough Parmesan with a vegetable peeler to measure 1/4 cup.
- ☐ Serve salad sprinkled with Parmesan.
- ☐ Each serving about 79 calories and 4 grams fat.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:50.27, Glycemic Load:2.34, Inflammation Score:-8, Nutrition Score:14.38434792472%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 19.96mg, Kaempferol: 19.96mg, Kaempferol: 19.96mg, Kaempferol: 19.96mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg

Nutrients (% of daily need)

Calories: 132.05kcal (6.6%), Fat: 7.71g (11.85%), Saturated Fat: 2.92g (18.28%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 6.71g (2.44%), Sugar: 5.12g (5.69%), Cholesterol: 9.79mg (3.26%), Sodium: 301.84mg (13.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin K: 101µg (96.19%), Vitamin A: 1535.49IU (30.71%), Calcium: 294.1mg (29.41%), Vitamin C: 19.01mg (23.04%), Folate: 77.76µg (19.44%), Manganese: 0.34mg (16.8%), Phosphorus: 165.68mg (16.57%), Potassium: 509.85mg (14.57%), Fiber: 3.2g (12.8%), Magnesium: 45.88mg (11.47%), Iron: 1.46mg (8.09%), Vitamin E: 1.13mg (7.55%), Vitamin B2: 0.13mg (7.47%), Vitamin B6: 0.12mg (5.83%), Selenium: 3.94µg (5.63%), Zinc: 0.83mg (5.51%), Copper: 0.1mg (4.94%), Vitamin B5: 0.49mg (4.87%), Vitamin B1: 0.05mg (3.43%), Vitamin B3: 0.64mg (3.19%), Vitamin B12: 0.17µg (2.86%)