



 **51%**
HEALTH SCORE

Arugula, Hazelnut, Persimmon, and Fennel Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 ounce bagged prewashed arugula
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon olive oil extravirgin
- 6 cups fennel bulb thinly sliced (2)
- 2 cups fuyu persimmon pulp ripe peeled thinly sliced (2)
- 0.5 ounce hazelnuts
- 1.5 tablespoons red wine vinegar

0.3 teaspoon salt

Equipment

bowl

baking sheet

oven

whisk

Directions

Preheat oven to 35

Place hazelnuts on a baking sheet.

Bake at 350 for 10 minutes, stirring once. Cool 2 minutes; turn nuts out onto a towel.

Roll up towel; rub off skins. Chop nuts; set aside.

Combine vinegar, olive oil, salt, and pepper in a small bowl, stirring well with a whisk.

Combine fennel, persimmon, and arugula in a large bowl.

Drizzle with vinegar mixture; toss well to coat.

Place 1 1/2 cups fennel mixture on each of 6 plates. Top each serving with about 1 teaspoon hazelnuts.

Serve immediately.

Nutrition Facts



PROTEIN 5.75% **FAT 21.28%** **CARBS 72.97%**

Properties

Glycemic Index:29, Glycemic Load:15.04, Inflammation Score:-7, Nutrition Score:13.697825919027%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:

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Nutrients (% of daily need)

Calories: 169.42kcal (8.47%), Fat: 4.42g (6.8%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 30.76g (11.19%), Sugar: 4.01g (4.45%), Cholesterol: 0mg (0%), Sodium: 149.67mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin C: 66.2mg (80.24%), Vitamin K: 82.26µg (78.35%), Potassium: 710.51mg (20.3%), Manganese: 0.4mg (20.02%), Iron: 3.1mg (17.23%), Vitamin A: 678.12IU (13.56%), Fiber: 3.33g (13.3%), Folate: 49.09µg (12.27%), Calcium: 105.09mg (10.51%), Vitamin E: 1.3mg (8.65%), Phosphorus: 83.57mg (8.36%), Magnesium: 30.04mg (7.51%), Copper: 0.12mg (5.88%), Vitamin B6: 0.07mg (3.58%), Vitamin B3: 0.67mg (3.36%), Vitamin B5: 0.33mg (3.28%), Vitamin B2: 0.05mg (3%), Zinc: 0.35mg (2.3%), Vitamin B1: 0.03mg (2.29%), Selenium: 0.74µg (1.06%)