



Arugula, Satsuma, and Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce arugula dry washed stemmed
- ☐ 4 servings olives green black
- ☐ 3 cups fennel bulb very thin sliced quartered
- ☐ 2 navel oranges
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 teaspoon pepper freshly ground to taste
- ☐ 0.5 teaspoon salt to taste
- ☐ 0.5 cup onion sweet very thin sliced

☐ 0.3 cup citrus champagne vinegar

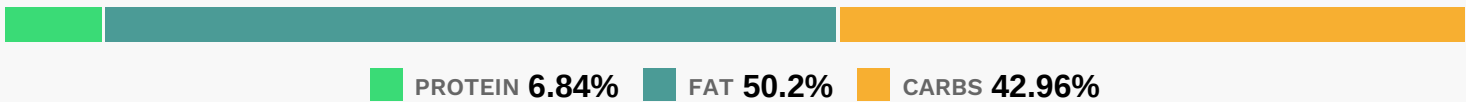
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Slice off top and bottom of each orange with a serrated fruit knife or sharp paring knife, removing some flesh with the peel, and reserve. With flat end of orange on a cutting board, cut off peel with a sawing motion from top to bottom, working all the way around oranges. Working over a bowl to collect juice, cut between membranes to separate orange segments, and set aside.
- ☐ Squeeze juice from orange tops, bottoms, and membranes into bowl (you should have about 1/2 cup), and strain into a saut pan.
- ☐ Add vinegar, and bring to a boil over medium-high heat. Reduce heat to low, and simmer until reduced to about 1/4 cup, about 7 minutes.
- ☐ Pour hot liquid into a bowl, and whisk in olive oil in a slow, steady stream. Stir in salt and pepper.
- ☐ Toss arugula with fennel, onion, and 1/4 cup of dressing. Divide among 4 plates, and divide reserved orange segments among plates.
- ☐ Drizzle with additional dressing, and top with olives.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:14.473043545433%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.6mg, Kaempferol: 12.6mg, Kaempferol: 12.6mg, Kaempferol: 12.6mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 149.67kcal (7.48%), Fat: 8.95g (13.77%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 12.23g (4.45%), Sugar: 10.35g (11.5%), Cholesterol: 0mg (0%), Sodium: 649.81mg (28.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin K: 83.4µg (79.43%), Vitamin C: 55.55mg (67.33%), Vitamin A: 1180.74IU (23.61%), Folate: 81.01µg (20.25%), Fiber: 5g (20.01%), Potassium: 556.9mg (15.91%), Manganese: 0.3mg (14.87%), Vitamin E: 2.18mg (14.54%), Calcium: 134.86mg (13.49%), Magnesium: 40.27mg (10.07%), Iron: 1.35mg (7.48%), Phosphorus: 74.74mg (7.47%), Vitamin B6: 0.14mg (7.22%), Copper: 0.14mg (6.79%), Vitamin B1: 0.08mg (5.48%), Vitamin B2: 0.09mg (5.45%), Vitamin B5: 0.51mg (5.15%), Vitamin B3: 0.9mg (4.49%), Zinc: 0.39mg (2.63%), Selenium: 0.85µg (1.21%)