



Blood Orange, Beet, and Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 3 blood oranges
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 6 servings sea salt such as fleur de sel or maldon sea salt
- ☐ 0.5 small fennel bulb very thinly sliced
- ☐ 2 medium golden beets trimmed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon juice of lime fresh

- ☐ 1 medium navel oranges (preferably Cara Cara)
- ☐ 2 medium beets red trimmed
- ☐ 6 servings pumpkin seeds extra-virgin (for drizzling)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°. Wash beets, leaving some water on skins. Wrap individually in foil; place on a rimmed baking sheet and roast until beets are tender when pierced with a knife, about 1 hour.
- ☐ Let cool.
- ☐ Meanwhile, using a sharp knife, cut all peel and white pith from all oranges; discard. Working over a medium bowl, cut between membranes of 2 blood oranges to release segments into bowl; squeeze juice from membranes into bowl and discard membranes. Slice remaining blood orange and Cara Cara orange crosswise into thin rounds.
- ☐ Place sliced oranges in bowl with the segments.
- ☐ Add lemon juice and lime juice.
- ☐ Peel cooled beets. Slice 2 beets crosswise into thin rounds.
- ☐ Cut remaining 2 beets into wedges. Strain citrus juices; reserve.
- ☐ Layer beets and oranges on plates, dividing evenly. Arrange fennel and onion over beets. Spoon reserved citrus juices over, then drizzle salad generously with oil. Season to taste with coarse sea salt and pepper.
- ☐ Let salad stand for 5 minutes to allow flavors to meld.
- ☐ Garnish salad with cilantro leaves.

Nutrition Facts



 PROTEIN **12.81%**  FAT **8.36%**  CARBS **78.83%**

Properties

Glycemic Index:48.25, Glycemic Load:5.55, Inflammation Score:-5, Nutrition Score:8.8991305309793%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 76.44kcal (3.82%), Fat: 0.78g (1.2%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 11.96g (4.35%), Sugar: 11.14g (12.38%), Cholesterol: 0mg (0%), Sodium: 293.04mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Folate: 140.44µg (35.11%), Vitamin C: 27.06mg (32.8%), Manganese: 0.48mg (24.04%), Fiber: 4.57g (18.27%), Potassium: 517.99mg (14.8%), Vitamin K: 14.79µg (14.09%), Magnesium: 39.22mg (9.8%), Phosphorus: 74.72mg (7.47%), Iron: 1.2mg (6.67%), Copper: 0.13mg (6.37%), Vitamin B6: 0.11mg (5.61%), Calcium: 42.29mg (4.23%), Vitamin B1: 0.06mg (4.21%), Vitamin B2: 0.07mg (4.09%), Vitamin A: 182.88IU (3.66%), Zinc: 0.55mg (3.64%), Vitamin B3: 0.69mg (3.43%), Vitamin B5: 0.32mg (3.17%), Vitamin E: 0.25mg (1.69%), Selenium: 1.07µg (1.53%)