



Chopped Cucumber, Pear, and Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 pounds cucumber
- ☐ 1 large fennel bulb cut into 1/2" squares
- ☐ 0.8 cup apples i use 2 granny smith apples
- ☐ 8 servings kosher salt
- ☐ 8 servings juice of lemon fresh
- ☐ 2 pears cored peeled quartered cut into 1/2" pieces (2 cups)
- ☐ 0.8 cup pomegranate seeds

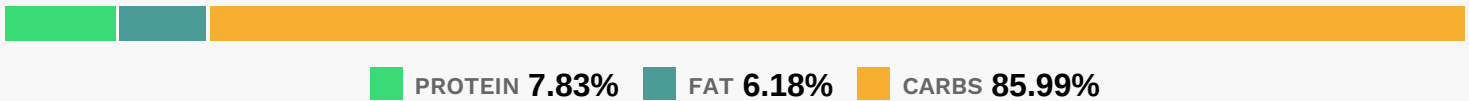
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ Cut 2 pounds cucumbers (we like Englishhothouse so we can skip peeling) into 3/4" cubes.
- ☐ Place in a resealable plastic bag.
- ☐ Place fronds from 1 large fennel bulb cut into 1/2" squares in a resealable plastic bag.
- ☐ Place fennel in a large bowl of water with a squeeze of fresh lemon juice to prevent browning; cover. Chill cucumber, fennel, and fronds overnight.
- ☐ Combine cucumber, drained fennel, 2 pears, peeled, quartered, cored, cut into 1/2" pieces (about 2 cups), and 1/2 cup pomegranate seeds in a large bowl.
- ☐ Add 3/4 cup Granny Smith Apple
- ☐ Cider Vinaigrette; toss to coat.
- ☐ Add more vinaigrette, if desired. Season to taste with kosher salt and freshly ground black pepper.
- ☐ Garnish with 1/4 cup pomegranate seeds and reserved fronds.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:4.73, Inflammation Score:-3, Nutrition Score:6.6021739840508%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg

1.05mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 70.45kcal (3.52%), Fat: 0.54g (0.83%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 12.89g (4.69%), Sugar: 10.76g (11.95%), Cholesterol: 0mg (0%), Sodium: 212.46mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin K: 31.43µg (29.94%), Vitamin C: 16.96mg (20.56%), Fiber: 4.05g (16.19%), Potassium: 392.58mg (11.22%), Manganese: 0.2mg (9.87%), Folate: 36.1µg (9.02%), Copper: 0.17mg (8.38%), Magnesium: 25.2mg (6.3%), Vitamin B6: 0.11mg (5.4%), Phosphorus: 51.96mg (5.2%), Vitamin B5: 0.45mg (4.48%), Vitamin B1: 0.06mg (3.96%), Calcium: 37.92mg (3.79%), Vitamin B2: 0.06mg (3.7%), Iron: 0.63mg (3.48%), Vitamin A: 139.74IU (2.79%), Vitamin E: 0.39mg (2.63%), Zinc: 0.36mg (2.42%), Vitamin B3: 0.37mg (1.86%)