



Citrus, Celery, and Shaved Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 slices celery ribs
- ☐ 1 tablespoon cider vinegar
- ☐ 2 medium fennel bulbs (sometimes called anise;)
- ☐ 2 grapefruit (preferably pink)
- ☐ 3 navel oranges
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 teaspoon salt

☐ 0.5 teaspoon whole-grain coarse-grain

Equipment

☐ bowl

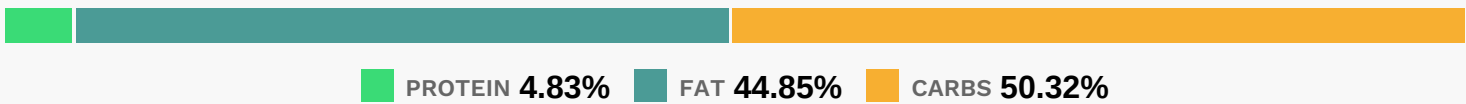
☐ knife

☐ whisk

Directions

- ☐ Whisk together vinegar, mustard, salt, and pepper in a large bowl.
- ☐ Add oil in a slow stream, whisking, until combined.
- ☐ Cut peel, including all white pith, from oranges and grapefruit with a paring knife. Working over a bowl, cut segments free from membranes. Squeeze juice from membranes into a small bowl, then whisk 3 tablespoons juice into vinaigrette.
- ☐ Drain citrus segments, then add to vinaigrette.
- ☐ Quarter fennel bulbs lengthwise, then cut lengthwise into paper-thin slices (about 1/16 inch thick) with slicer.
- ☐ Add to fruit along with celery and toss gently to combine.
- ☐ * Available at Asian markets, many cookware shops, and Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:3.44, Inflammation Score:-8, Nutrition Score:13.500434764054%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg, Hesperetin: 15.61mg Naringenin: 32.82mg, Naringenin: 32.82mg, Naringenin: 32.82mg, Naringenin: 32.82mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 174.68kcal (8.73%), Fat: 9.38g (14.44%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 18.34g (6.67%), Sugar: 14.91g (16.57%), Cholesterol: 0mg (0%), Sodium: 138.88mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Vitamin C: 77.37mg (93.78%), Vitamin K: 54.68µg (52.08%), Vitamin A: 1261.45IU (25.23%), Fiber: 5.35g (21.41%), Potassium: 558.66mg (15.96%), Folate: 56.15µg (14.04%), Vitamin E: 1.97mg (13.11%), Manganese: 0.21mg (10.28%), Calcium: 87.99mg (8.8%), Magnesium: 28.97mg (7.24%), Phosphorus: 70.91mg (7.09%), Vitamin B6: 0.14mg (6.89%), Vitamin B1: 0.09mg (6.15%), Vitamin B5: 0.59mg (5.9%), Copper: 0.11mg (5.38%), Vitamin B2: 0.09mg (5.15%), Vitamin B3: 0.97mg (4.87%), Iron: 0.79mg (4.41%), Zinc: 0.27mg (1.83%)