



Citrus Salad with Fennel Vinaigrette



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large egg whites
- ☐ 0.3 small fennel bulb finely chopped
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 1 cup parsley fresh
- ☐ 2 tablespoons ginger peeled finely chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon nutmeg

- ☐ 2 tablespoons honey
- ☐ 8 servings pepper freshly ground
- ☐ 4 navel oranges
- ☐ 0.3 cup olive oil
- ☐ 10 cups the salad mixed (such as radicchio, frisée, and/or endive; 1 pound)
- ☐ 1 cup sesame seed
- ☐ 1 small shallots finely chopped
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup citrus champagne vinegar

Equipment

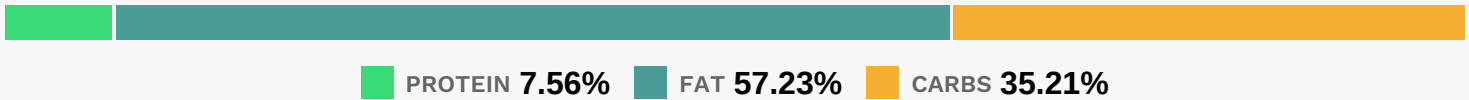
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk egg white in a small bowl until slightly foamy; whisk in sugar, salt, cinnamon, cloves, and nutmeg.
- ☐ Add sesame seeds and toss to coat.
- ☐ Spoon sesame mixture in clumps on a parchment-lined baking sheet and bake, stirring occasionally, until golden brown, 10–12 minutes.
- ☐ Let cool.
- ☐ DO AHEAD: Sesame clusters can be made 1 week ahead. Store airtight at room temperature.
- ☐ Heat oil in a medium skillet over medium heat.

- ☐ Addchopped fennel, shallot, ginger, and fennelseeds and cook, stirring often, until tender(do not let brown), 8–10 minutes.
- ☐ Mix invinegar and honey.
- ☐ Let cool; season withsalt and pepper.
- ☐ Finely grate 1 teaspoon zest from 1 orange;set aside. Using a sharp knife, cut all peeland white pith from all oranges; discard.
- ☐ Cutbetween membranes to release segmentsinto a medium bowl; discard membranes.
- ☐ Toss greens, parsley, fennel fronds,oranges, and dressing in a large bowl.
- ☐ Serve topped with sesame clusters andreserved orange zest.
- ☐ DO AHEAD: Dressing can be made 1 dayahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:48.3, Glycemic Load:6.57, Inflammation Score:-9, Nutrition Score:21.564782497514%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 276.53kcal (13.83%), Fat: 18.64g (28.67%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 21.24g (7.72%), Sugar: 15.48g (17.21%), Cholesterol: 0mg (0%), Sodium: 32.68mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin K: 133.31µg (126.96%), Vitamin C: 64.28mg (77.92%), Copper: 0.85mg (42.47%), Manganese: 0.68mg (34.09%), Vitamin A: 1385.54IU (27.71%), Calcium: 240.54mg (24.05%), Magnesium: 87.72mg (21.93%), Iron: 3.88mg (21.57%), Folate: 75.47µg (18.87%), Fiber: 4.56g (18.26%), Phosphorus: 167.05mg (16.71%), Vitamin B1: 0.22mg (14.8%), Vitamin B6: 0.27mg (13.53%), Zinc: 1.76mg (11.72%), Potassium: 398.71mg (11.39%), Selenium: 7.66µg (10.95%), Vitamin E: 1.56mg (10.4%), Vitamin B2: 0.14mg (8.24%), Vitamin B3: 1.61mg (8.07%), Vitamin B5: 0.32mg (3.25%)