



Citrus Salad with Fried Rosemary and Olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 6 blood oranges
- ☐ 8 servings kosher salt
- ☐ 10 olives black pitted
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 cranberry-orange relish
- ☐ 4 rosemary
- ☐ 8 servings vegetable oil

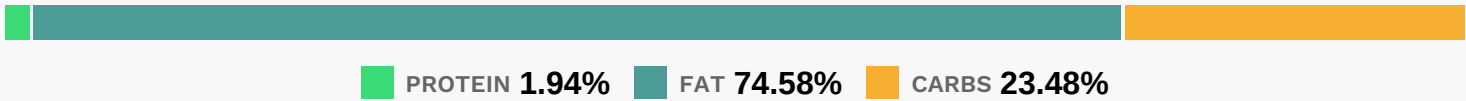
Equipment

- ☐ paper towels
- ☐ knife

Directions

- ☐ Pour vegetable oil into a small heavy saucepan to a depth of 1". Prop deep-fry thermometer in oil so bulb is submerged; heat oil over medium heat to 350°F.
- ☐ Add four 3" rosemary sprigs to oil and fry until crisp and bright green, 10–15 seconds.
- ☐ Transfer to a paper towel-lined plate; season lightly with kosher salt.
- ☐ Add 10 pitted oil-cured black olives to oil; fry until bubbling stops, about 4 minutes.
- ☐ Place on plate with rosemary. Strip rosemary leaves from sprigs; mince. Chop olives. Using a small, sharp knife, cut peel and white pith from 6 blood oranges and 6 Cara Cara oranges.
- ☐ Cut crosswise into 1/2" rounds; arrange on a platter. DO AHEAD: Oranges, rosemary, and olives can be prepared 6 hours ahead. Cover and chill orange slices. Separately store rosemary and olives airtight at room temperature.
- ☐ Season oranges lightly with salt and freshly ground black pepper; drizzle with 2 tablespoons extra-virgin olive oil.
- ☐ Sprinkle chopped rosemary and olives over oranges.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:4.33, Inflammation Score:-5, Nutrition Score:7.5417391450509%

Flavonoids

Hesperetin: 29.43mg, Hesperetin: 29.43mg, Hesperetin: 29.43mg, Hesperetin: 29.43mg Naringenin: 16.55mg, Naringenin: 16.55mg, Naringenin: 16.55mg, Naringenin: 16.55mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 213.13kcal (10.66%), Fat: 18.41g (28.32%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 13.03g (4.34%),
Net Carbohydrates: 10.23g (3.72%), Sugar: 10.13g (11.25%), Cholesterol: 0mg (0%), Sodium: 271.9mg (11.82%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 57.49mg (69.68%), Vitamin K: 28.09µg
(26.75%), Vitamin E: 2.04mg (13.57%), Fiber: 2.8g (11.21%), Folate: 32.72µg (8.18%), Vitamin B1: 0.1mg (6.36%),
Potassium: 199.46mg (5.7%), Vitamin A: 264.76IU (5.3%), Calcium: 47.04mg (4.7%), Vitamin B6: 0.07mg (3.38%),
Magnesium: 11.64mg (2.91%), Copper: 0.06mg (2.82%), Vitamin B5: 0.27mg (2.73%), Vitamin B2: 0.04mg (2.58%),
Manganese: 0.04mg (2.06%), Vitamin B3: 0.32mg (1.59%), Phosphorus: 15.51mg (1.55%)