



Clementine, feta & winter leaf salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 clementines seedless
- ☐ 2 heads chicory red
- ☐ 100 g watercress
- ☐ 1 fennel bulb cored halved very finely sliced
- ☐ 1 onion red halved finely sliced
- ☐ 200 g feta cheese cut into cubes
- ☐ 1 small handful parsley finely chopped
- ☐ 1 juice 1 clementine

- ☐ 1 juice of lemon
- ☐ 4 tbsp olive oil
- ☐ 1 tsp caster sugar

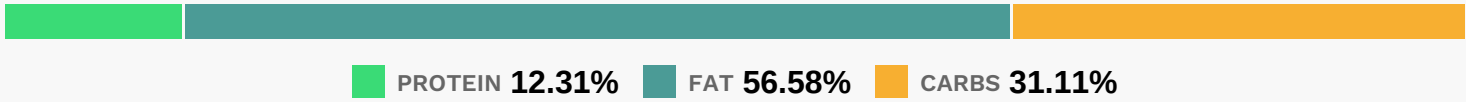
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the dressing ingredients in a jug, season with salt and set aside.
- ☐ To make the salad, peel the clementines and slice whole. In a bowl, gently toss the chicory and watercress with the fennel and onion.
- ☐ Place slices of clementine on opposite sides of each plate, mound a pile of leaves in the middle, then scatter over the feta. Stir the parsley through the dressing and drizzle over the salad.

Nutrition Facts



Properties

Glycemic Index:43.51, Glycemic Load:5.64, Inflammation Score:-10, Nutrition Score:21.995217486568%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 14.34mg, Kaempferol: 14.34mg, Kaempferol: 14.34mg, Kaempferol: 14.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 192.36kcal (9.62%), Fat: 12.78g (19.67%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 10.15g (3.69%), Sugar: 7.77g (8.63%), Cholesterol: 22.25mg (7.42%), Sodium: 331.65mg

(14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin K: 322.41µg (307.06%), Vitamin A: 3024.38IU (60.49%), Vitamin C: 46.45mg (56.31%), Folate: 194.22µg (48.56%), Manganese: 0.6mg (29.88%), Calcium: 231.91mg (23.19%), Fiber: 5.66g (22.65%), Vitamin B2: 0.34mg (20.07%), Potassium: 656.34mg (18.75%), Phosphorus: 154.13mg (15.41%), Vitamin B5: 1.47mg (14.69%), Vitamin B1: 0.2mg (13.21%), Vitamin E: 1.97mg (13.11%), Zinc: 1.75mg (11.63%), Vitamin B6: 0.22mg (10.94%), Magnesium: 36.63mg (9.16%), Copper: 0.18mg (8.95%), Iron: 1.52mg (8.42%), Vitamin B12: 0.42µg (7.04%), Vitamin B3: 1.29mg (6.44%), Selenium: 4.42µg (6.32%)