



Fantastically Easy Fennel Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups beets diced cooked
- ☐ 1 bulb fennel trimmed halved very thinly sliced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 green onions thinly sliced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 4 servings olive oil to taste

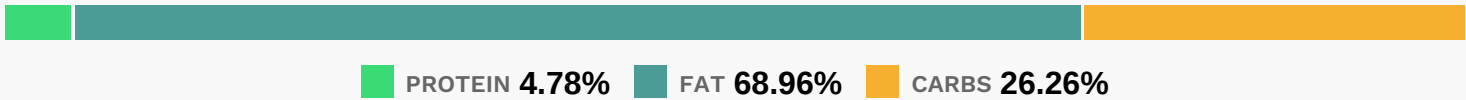
Equipment

☐ bowl

Directions

- ☐ Toss fennel, beets, and green onions together in a salad bowl.
- ☐ Drizzle lemon juice and olive oil over vegetables and sprinkle parsley and lemon zest on top. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:4.27, Inflammation Score:-7, Nutrition Score:12.897391168968%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 177.91kcal (8.9%), Fat: 14.32g (22.03%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 8.01g (2.91%), Sugar: 7.27g (8.08%), Cholesterol: 0mg (0%), Sodium: 89.45mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Vitamin K: 187.1µg (178.19%), Vitamin C: 23.79mg (28.84%), Folate: 107.87µg (26.97%), Manganese: 0.38mg (18.75%), Fiber: 4.26g (17.05%), Vitamin E: 2.5mg (16.64%), Vitamin A: 823.26IU (16.47%), Potassium: 535.31mg (15.29%), Iron: 1.66mg (9.24%), Magnesium: 31.57mg (7.89%), Phosphorus: 64.62mg (6.46%), Calcium: 57.52mg (5.75%), Copper: 0.11mg (5.52%), Vitamin B6: 0.09mg (4.39%), Vitamin B3: 0.75mg (3.76%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.28mg (2.85%), Vitamin B1: 0.04mg (2.63%), Selenium: 0.96µg (1.37%)