



Fennel-and-Apple Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings garnish: fennel fronds fresh
- ☐ 1 fennel bulb
- ☐ 1 apples i use 2 granny smith apples thinly sliced
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.1 teaspoon pepper

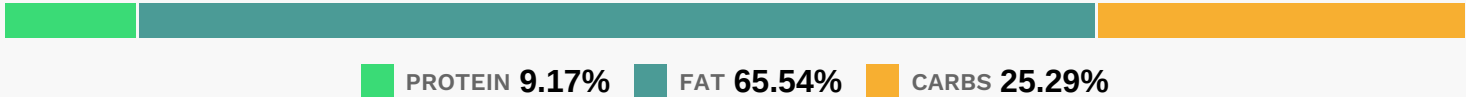
☐ 0.1 teaspoon salt

Equipment

Directions

- ☐ Trim base from fennel bulb; cut bulb in half, and thinly slice, reserving fennel fronds for garnish, if desired.
- ☐ Stir together fennel, apple, and next 5 ingredients. Stir in cheese and, if desired, juniper berries. Cover and chill 1 hour.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:2.89, Inflammation Score:-3, Nutrition Score:8.3139130097368%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg, Epicatechin: 3.48mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 185.53kcal (9.28%), Fat: 14.27g (21.96%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 8.77g (3.19%), Sugar: 7.6g (8.44%), Cholesterol: 5.67mg (1.89%), Sodium: 237.79mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin K: 43.06µg (41.01%), Manganese: 0.45mg (22.34%), Vitamin C: 12.21mg (14.8%), Fiber: 3.63g (14.52%), Calcium: 136.16mg (13.62%), Phosphorus: 112.16mg (11.22%), Vitamin E: 1.56mg (10.4%), Potassium: 339.25mg (9.69%), Copper: 0.14mg (6.9%), Magnesium:

24.86mg (6.21%), Folate: 21.02µg (5.26%), Zinc: 0.68mg (4.53%), Iron: 0.78mg (4.34%), Vitamin B1: 0.06mg (4.25%), Vitamin B2: 0.07mg (4.04%), Selenium: 2.56µg (3.66%), Vitamin B6: 0.07mg (3.61%), Vitamin A: 173.99IU (3.48%), Vitamin B5: 0.27mg (2.73%), Vitamin B3: 0.53mg (2.66%), Vitamin B12: 0.1µg (1.67%)