



HEALTH SCORE

58%

Fennel and Carrot Slaw with Olive Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients



1 tablespoon balsamic vinegar



5 carrots grated



2 medium fennel bulb with fronds



2 tablespoons flat parsley chopped



1 tablespoon juice of lemon fresh



3 tablespoons olive oil extra virgin extra-virgin



0.3 cup olive green spanish pitted finely chopped



0.8 teaspoon pepper dried to taste

☐ 6 sun-dried olives packed in oil, drained and very thinly sliced

Equipment

☐ bowl

☐ whisk

Directions

☐ Chop enough fennel fronds to measure 3 tablespoons and reserve. Discard remaining fronds and stalks.

☐ Cut bulbs into thin matchsticks and toss with carrots in a bowl.

☐ Whisk together lemon juice, vinegar, oil, olives, Aleppo chile (if using), and salt to taste and toss with vegetables. Chill, covered, at least 30 minutes (for flavors to develop).

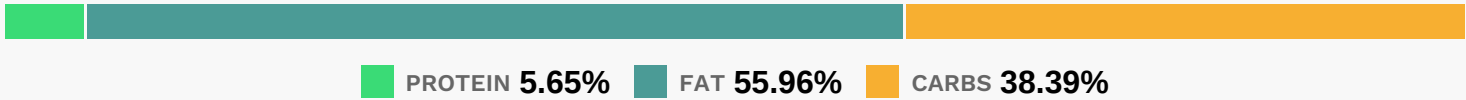
☐ Just before serving, stir in reserved fronds and sprinkle sun-dried tomatoes and parsley over slaw.

☐ Chateau Reynella McLaren Vale Grenache '04

☐ Slaw, without fronds, tomatoes, and parsley, can be chilled up to 4 hours.

☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:50.96, Glycemic Load:5.38, Inflammation Score:-10, Nutrition Score:18.361739189728%

Flavonoids

Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg, Eriodictyol: 1.45mg 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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 186.45kcal (9.32%), Fat: 12.38g (19.04%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 12.48g (4.54%), Sugar: 10.12g (11.25%), Cholesterol: 0mg (0%), Sodium: 256.73mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin A: 13234.38IU (264.69%), Vitamin K: 124.47µg (118.54%), Vitamin C: 23.83mg (28.88%), Fiber: 6.62g (26.47%), Potassium: 861.66mg (24.62%), Vitamin E: 3.18mg (21.2%), Manganese: 0.4mg (20.16%), Folate: 52.27µg (13.07%), Phosphorus: 99.55mg (9.96%), Calcium: 95.59mg (9.56%), Magnesium: 38.05mg (9.51%), Vitamin B3: 1.86mg (9.31%), Iron: 1.68mg (9.31%), Vitamin B6: 0.18mg (9.21%), Copper: 0.17mg (8.63%), Vitamin B2: 0.1mg (6.06%), Vitamin B5: 0.56mg (5.6%), Vitamin B1: 0.08mg (5.55%), Zinc: 0.52mg (3.48%), Selenium: 1.22µg (1.74%)