



Fennel and Celery Salad (Dama Bianca)



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound buffalo mozzarella cheese
- ☐ 6 celery stalks white thinly sliced ()
- ☐ 2 medium fennel bulb
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 tablespoon lemon zest organic grated (preferably from an unwaxed lemon)
- ☐ 6 tablespoons olive oil extra virgin fruity extra-virgin
- ☐ 0.3 teaspoon sea salt fine

Equipment

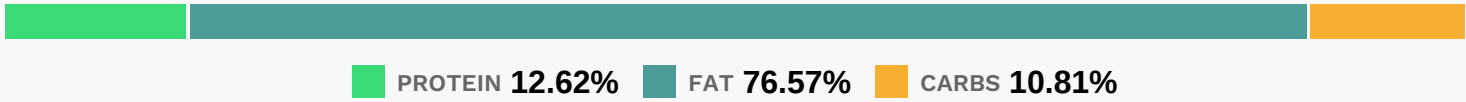
☐

whisk

Directions

- ☐ Halve fennel lengthwise, then thinly slice crosswise about 1/4 inch thick. Toss with celery and arrange on a platter with mozzarella.
- ☐ Whisk together zest, juice, oil, sea salt, and 1/4 teaspoon pepper and drizzle over salad.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:11.31043478717%

Flavonoids

Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 253.41kcal (12.67%), Fat: 22.13g (34.05%), Saturated Fat: 6.95g (43.44%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.6g (4%), Cholesterol: 28.73mg (9.58%), Sodium: 295.61mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.41%), Calcium: 883.92mg (88.39%), Vitamin K: 58.58µg (55.79%), Vitamin A: 1238.11IU (24.76%), Vitamin E: 2.49mg (16.59%), Vitamin C: 12.06mg (14.62%), Potassium: 364.38mg (10.41%), Fiber: 2.55g (10.2%), Manganese: 0.15mg (7.7%), Folate: 23.57µg (5.89%), Iron: 0.82mg (4.53%), Phosphorus: 40.42mg (4.04%), Magnesium: 14.08mg (3.52%), Copper: 0.05mg (2.71%), Vitamin B3: 0.52mg (2.59%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.2mg (1.99%), Vitamin B2: 0.03mg (1.67%), Zinc: 0.17mg (1.1%)