



Fennel and Citrus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pounds fennel bulbs
- ☐ 0.5 cup kalamata olives pitted
- ☐ 4 navel oranges red peeled
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt

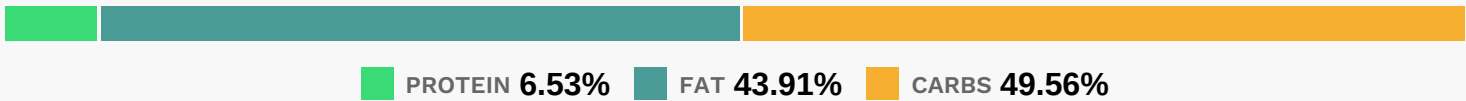
Equipment

- ☐ bowl

Directions

- ☐ Trim stems and base from fennel bulbs, reserving feathery fronds for garnish.
- ☐ Remove tough outer layer from each bulb.
- ☐ Cut each bulb in half through base.
- ☐ Cut out the small, pyramid-shaped core from each half.
- ☐ Place cored fennel, cut side down, and slice crosswise into 4 thick slices. Slice lengthwise into 1/4"-wide strips.
- ☐ Combine fennel and orange sections in a serving bowl.
- ☐ Add olive oil, salt, 1/4 teaspoon pepper, and 1/4 cup olives; toss gently. Pile remaining 1/4 cup olives in center of salad. Chop fennel fronds, and sprinkle over salad, if desired.
- ☐ Add more freshly ground pepper, if desired.
- ☐ Note: If you can't find fennel, use 1 small head Romaine lettuce, torn. Omit salt and olive oil, and use 1/2 cup of your favorite vinaigrette.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:3.22, Inflammation Score:-7, Nutrition Score:15.976956491885%

Flavonoids

Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 159.09kcal (7.95%), Fat: 8.49g (13.06%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 14.45g (5.26%), Sugar: 12.68g (14.09%), Cholesterol: 0mg (0%), Sodium: 438.94mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin K: 111.1µg (105.81%), Vitamin C: 61.78mg (74.89%), Fiber: 7.11g (28.43%), Potassium: 824.89mg (23.57%), Manganese: 0.35mg (17.69%), Folate: 69.99µg

(17.5%), Vitamin E: 2.39mg (15.9%), Calcium: 118.31mg (11.83%), Phosphorus: 101.58mg (10.16%), Magnesium: 37.66mg (9.41%), Vitamin A: 434.33IU (8.69%), Iron: 1.42mg (7.89%), Copper: 0.15mg (7.53%), Vitamin B3: 1.41mg (7.03%), Vitamin B6: 0.14mg (6.9%), Vitamin B5: 0.58mg (5.8%), Vitamin B2: 0.09mg (5.34%), Vitamin B1: 0.07mg (4.43%), Zinc: 0.4mg (2.67%), Selenium: 1.27µg (1.81%)