



Fennel and Endive Salad with Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 belgian endives trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 2 medium fennel bulbs (sometimes called anise; 2 pounds total)
- ☐ 1 navel oranges
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt to taste
- ☐ 1.5 tablespoons white-wine vinegar

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Finely grate enough zest from orange to measure 2 teaspoons, then squeeze 1 tablespoon juice into a large bowl.
- ☐ Whisk in zest, vinegar, salt, pepper, and oil until combined well.
- ☐ Cut fennel bulbs lengthwise into very thin slices with slicer. Halve endives lengthwise, then halve crosswise and cut lengthwise into 1/4-inch-wide strips.
- ☐ Add endive and fennel to vinaigrette and toss to combine. Chill, covered, 15 minutes to allow flavors to develop.
- ☐ *Available at cookware shops and Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:1.48, Inflammation Score:-4, Nutrition Score:7.588695720486%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 101.42kcal (5.07%), Fat: 7.21g (11.09%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 5.89g (2.14%), Sugar: 5.05g (5.61%), Cholesterol: 0mg (0%), Sodium: 138.5mg (6.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin K: 53.33µg (50.79%), Vitamin C: 23.66mg (28.68%), Fiber: 3.5g (14%), Potassium: 401.59mg (11.47%), Vitamin E: 1.5mg (9.98%), Manganese: 0.19mg (9.3%), Folate: 35.54µg (8.89%), Calcium: 52.33mg (5.23%), Phosphorus: 49.39mg (4.94%), Magnesium: 17.89mg (4.47%), Iron: 0.71mg (3.93%), Copper: 0.07mg (3.56%), Vitamin A: 167.73IU (3.35%), Vitamin B3: 0.63mg (3.14%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.27mg (2.69%), Vitamin B2: 0.04mg (2.46%), Vitamin B1: 0.03mg (2.31%), Zinc:

0.21mg (1.37%)