



Fennel and Greens



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients

- ☐ 6 cups lightly and crisped arugula packed rinsed (see notes)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 head fennel bulb (4 to 5 in. wide)
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 9 cups bite-size pieces and crisped red-leaf lettuce leaves rinsed (see notes)
- ☐ 8 servings salt and pepper

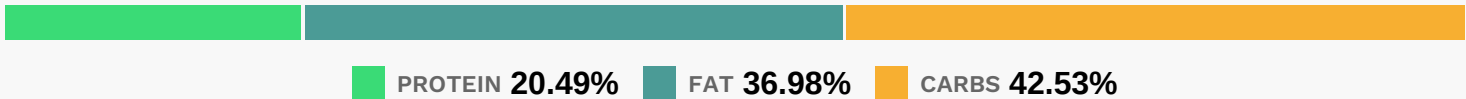
Equipment

☐ bowl

Directions

- ☐ In a wide bowl, mix olive oil, lemon juice, and mustard.
- ☐ Trim stalks from fennel. Rinse feathery green leaves and chop enough to measure 1/4 cup; discard remaining leaves and stalks. Trim and discard root end, any bruised areas, and coarse fibers from fennel head; rinse head, thinly slice, and mix with dressing in bowl.
- ☐ Add chopped fennel greens, lettuce, and arugula to bowl.
- ☐ Lift with salad fork and spoon to mix with dressing. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:19.320434673973%

Flavonoids

Cyanidin: 8.36mg, Cyanidin: 8.36mg, Cyanidin: 8.36mg, Cyanidin: 8.36mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Quercetin: 21.52mg, Quercetin: 21.52mg, Quercetin: 21.52mg, Quercetin: 21.52mg

Nutrients (% of daily need)

Calories: 72.49kcal (3.62%), Fat: 3.47g (5.34%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 5.41g (1.97%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 286.56mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin A: 20336.63IU (406.73%), Vitamin K: 408.98µg (389.5%), Manganese: 0.65mg (32.39%), Folate: 119.06µg (29.76%), Vitamin C: 17.06mg (20.68%), Iron: 3.66mg (20.31%), Potassium: 679.03mg (19.4%), Vitamin B6: 0.29mg (14.65%), Fiber: 3.58g (14.32%), Vitamin B2: 0.23mg (13.42%), Calcium: 126.93mg (12.69%), Vitamin B1: 0.18mg (12.13%), Magnesium: 44.49mg (11.12%), Phosphorus: 97.93mg (9.79%), Vitamin E: 1.03mg (6.87%), Selenium: 4.46µg (6.37%), Vitamin B3: 1.09mg (5.47%), Copper: 0.11mg (5.32%), Vitamin B5: 0.52mg (5.23%), Zinc: 0.67mg (4.45%)