



Fennel and Orange Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch cayenne
- ☐ 3 tablespoons champagne vinegar
- ☐ 1 cup fennel bulb chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 7 tablespoons olive oil extra-virgin divided
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon orange zest

- ☐ 1 pinch paprika
- ☐ 2 pinches saffron threads
- ☐ 0.5 cup vegetable broth

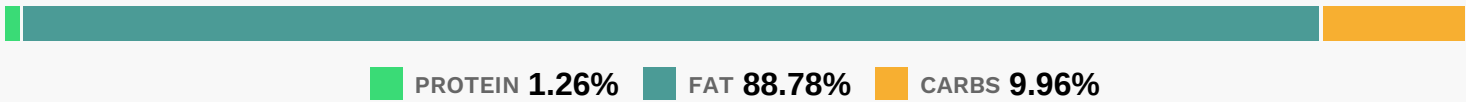
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook fennel and onion in 2 tbsp. extra-virgin olive oil in a large frying pan over medium-low heat until well caramelized, about 30 minutes.
- ☐ Add saffron, cayenne, and paprika; cook until fragrant, 1 minute.
- ☐ Remove from heat and add vinegar, broth, zest, rosemary, and salt.
- ☐ Let cool.
- ☐ Whisk in 5 tbsp. more extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.54347825617246%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 28.02kcal (1.4%), Fat: 2.81g (4.33%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.32g (0.36%), Cholesterol: 0mg (0%), Sodium: 48.37mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin K: 3.27µg (3.11%), Vitamin E: 0.42mg (2.8%), Manganese: 0.03mg (1.38%)