



 **57%**
HEALTH SCORE

Fennel and Orange Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bunches arugula dried rinsed chopped
- 1 bulb fennel trimmed sliced
- 1 tablespoon olive oil
- 2 large oranges sliced into rounds
- 1 teaspoon poppy seeds
- 1 tablespoon red wine vinegar
- 4 servings salt to taste

Equipment

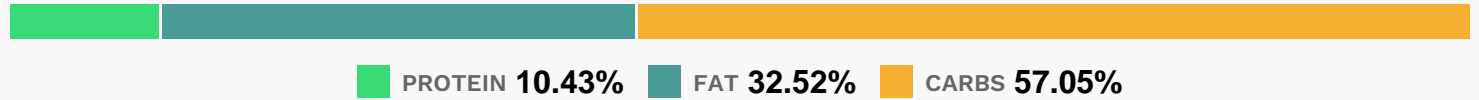
bowl

Directions

Place the fennel and orange in a large bowl.

Drizzle with olive oil and vinegar; sprinkle with poppyseeds and salt. Chill and serve over a bed of arugula.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:5.15, Inflammation Score:-9, Nutrition Score:16.651739312255%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 19.83mg, Kaempferol: 19.83mg, Kaempferol: 19.83mg, Kaempferol: 19.83mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 111.09kcal (5.55%), Fat: 4.41g (6.79%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 12.34g (4.49%), Sugar: 12.08g (13.42%), Cholesterol: 0mg (0%), Sodium: 240.03mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin K: 100.43µg (95.65%), Vitamin C: 64.47mg (78.14%), Vitamin A: 1626.14IU (32.52%), Folate: 98.82µg (24.7%), Fiber: 5.07g (20.29%), Manganese: 0.37mg (18.43%), Potassium: 624.13mg (17.83%), Calcium: 167.03mg (16.7%), Magnesium: 48.46mg (12.11%), Vitamin E: 1.27mg (8.43%), Iron: 1.46mg (8.08%), Phosphorus: 78.33mg (7.83%), Vitamin B1: 0.12mg (7.81%), Copper: 0.14mg (6.78%), Vitamin B6: 0.13mg (6.29%), Vitamin B2: 0.1mg (6.17%), Vitamin B5: 0.62mg (6.15%), Vitamin B3: 0.81mg (4.06%), Zinc: 0.51mg (3.39%), Selenium: 1.14µg (1.63%)