



Fennel and Orange Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon citrus champagne vinegar
- 2 tablespoons olive oil
- 1 serving coarse mustard
- 5 navel oranges

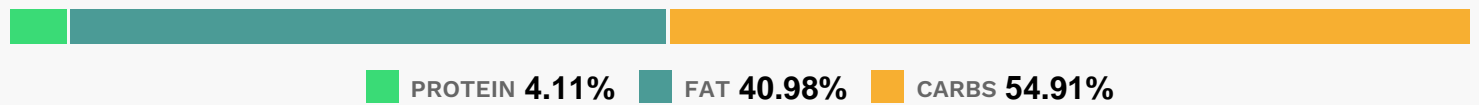
Equipment

- bowl
- knife
- whisk

Directions

- In a large bowl, whisk together vinegar and oil; season with salt and pepper.
- Using a sharp knife, slice off both ends of each orange. Following the curve of the fruit, cut away the peel and white pith. Halve orange from top to bottom; thinly slice crosswise.
- Transfer oranges, along with any juices that have accumulated on work surface, to bowl with dressing.
- Add fennel and, if desired, fronds. Toss to combine.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:5.2330434944319%

Flavonoids

Hesperetin: 19.14mg, Hesperetin: 19.14mg, Hesperetin: 19.14mg, Hesperetin: 19.14mg Naringenin: 6.21mg, Naringenin: 6.21mg, Naringenin: 6.21mg, Naringenin: 6.21mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg 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: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 74.55kcal (3.73%), Fat: 3.65g (5.62%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 9.06g (3.29%), Sugar: 7.45g (8.27%), Cholesterol: 0mg (0%), Sodium: 7.97mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin C: 51.72mg (62.7%), Fiber: 1.95g (7.81%), Folate: 29.79µg (7.45%), Vitamin A: 216.57IU (4.33%), Vitamin E: 0.64mg (4.25%), Potassium: 146.95mg (4.2%), Vitamin B1: 0.06mg (4.05%), Calcium: 38.17mg (3.82%), Vitamin B6: 0.07mg (3.48%), Vitamin B2: 0.05mg (2.65%), Magnesium: 10mg (2.5%), Vitamin B5: 0.23mg (2.3%), Phosphorus: 20.95mg (2.1%), Vitamin K: 2.12µg (2.02%), Vitamin B3: 0.38mg (1.88%), Copper: 0.03mg (1.74%), Manganese: 0.03mg (1.44%)