



Fennel and Orange Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black



4 cups fennel bulb thinly sliced (2 large bulbs)



1 garlic clove minced



1 ounce goat cheese crumbled



0.3 teaspoon ground cumin



2 teaspoons olive oil



1.5 cups orange sections (3 oranges)



1 teaspoon poppy seeds

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar

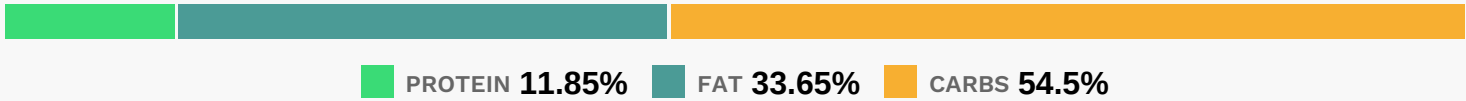
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine fennel and orange in a large bowl.
- ☐ Combine vinegar and next 6 ingredients (through garlic); stir well with a whisk.
- ☐ Drizzle vinegar mixture over fennel mixture; toss to coat.
- ☐ Sprinkle with cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:2.95, Inflammation Score:-4, Nutrition Score:7.1760869298292%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 68.23kcal (3.41%), Fat: 2.73g (4.2%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 6.94g (2.52%), Sugar: 6.55g (7.28%), Cholesterol: 2.17mg (0.72%), Sodium: 145.24mg (6.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Vitamin C: 31.09mg (37.69%), Vitamin K: 37.46µg (35.68%), Fiber: 3.02g (12.06%), Potassium: 332.98mg (9.51%), Manganese: 0.18mg (9.23%), Folate: 30.17µg (7.54%), Calcium: 62.65mg (6.26%), Phosphorus: 53.46mg (5.35%), Copper: 0.11mg (5.26%), Vitamin A: 229.34IU

(4.59%), Magnesium: 17.63mg (4.41%), Vitamin E: 0.63mg (4.21%), Iron: 0.71mg (3.94%), Vitamin B6: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.61%), Vitamin B2: 0.06mg (3.29%), Vitamin B5: 0.28mg (2.85%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.24mg (1.62%), Selenium: 0.91µg (1.3%)