



HEALTH SCORE

58%

Fennel and Orange Salad with Lemon-Ginger Vinaigrette



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 crusty baguette very thinly sliced
- ☐ 1 fennel bulb trimmed very thinly sliced
- ☐ 1 teaspoon ginger finely grated peeled
- ☐ 0.5 teaspoon pepper black
- ☐ 4 servings kosher salt
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 4 cups mustard greens

- ☐ 2 navel oranges
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon orange zest finely grated
- ☐ 2 tablespoons citrus champagne vinegar

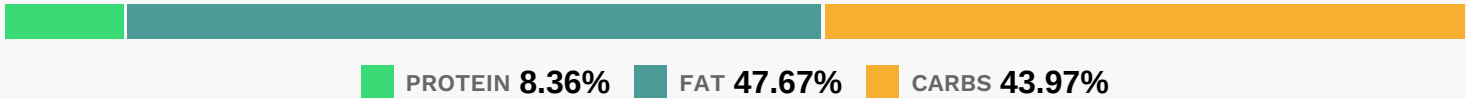
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place baguette slices on a rimmed baking sheet and toast, 8-10 minutes.
- ☐ Let cool and break into pieces. Meanwhile, whisk vinegar, lemon and orange zests, ginger, and pepper in a large bowl; season with salt and whisk in oil.
- ☐ Using a sharp knife, cut all peel and white pith from oranges; discard. Working over bowl with dressing, cut between membranes to release segments into bowl; discard membranes.
- ☐ Add fennel, fennel fronds, mustard greens, and croutons to bowl; toss to combine.
- ☐ Per serving: 240 calories, 12 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:48.94, Glycemic Load:6.57, Inflammation Score:-9, Nutrition Score:19.021304296411%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg, Isorhamnetin: 9.07mg Kaempferol: 21.45mg, Kaempferol: 21.45mg, Kaempferol: 21.45mg, Kaempferol: 21.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 204.02kcal (10.2%), Fat: 11.4g (17.54%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 18g (6.55%), Sugar: 9.75g (10.84%), Cholesterol: 0mg (0%), Sodium: 333.64mg (14.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Vitamin K: 188.42µg (179.45%), Vitamin C: 88.98mg (107.85%), Vitamin A: 1948.45IU (38.97%), Fiber: 5.65g (22.61%), Vitamin E: 3.13mg (20.89%), Potassium: 603.13mg (17.23%), Folate: 63.35µg (15.84%), Calcium: 142.91mg (14.29%), Vitamin B1: 0.19mg (12.7%), Manganese: 0.24mg (12.08%), Iron: 2.11mg (11.69%), Magnesium: 40.76mg (10.19%), Vitamin B6: 0.2mg (10.16%), Vitamin B2: 0.17mg (9.86%), Phosphorus: 94mg (9.4%), Vitamin B3: 1.84mg (9.21%), Copper: 0.18mg (9.17%), Selenium: 3.63µg (5.18%), Vitamin B5: 0.5mg (5.04%), Zinc: 0.45mg (2.98%)