



 **18%**
HEALTH SCORE

Fennel and Orange Salad With Toasted Hazelnuts and Cranberries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 navel oranges
- 1 medium fennel bulb
- 0.8 tablespoon citrus champagne vinegar
- 0.3 teaspoon kosher salt
- 0.1 teaspoon pepper fresh
- 0.1 cup olive oil extra virgin
- 0.5 tablespoon orange zest

- 0.3 cup hazelnuts toasted
- 1 handful cranberries dried

Equipment

- bowl
- frying pan
- knife
- whisk

Directions

- Finely grate enough zest from the orange to measure 1/2 tablespoon.
- Cut peel, including all white pith, from the orange with a paring knife. Then cut segments free from membranes.
- Cut out and discard core of fennel bulb, then cut bulbs crosswise into very thin slices, as thin as you can get them.
- Whisk together vinegar, zest, salt, and pepper in a small bowl until salt is dissolved, then add olive oil slowly in a stream, whisking until combined well.
- Toast hazelnuts on medium heat on a dry skillet.
- Toss fennel and oranges with vinaigrette in a large bowl until combined well.
- Top with toasted hazelnuts and dried cranberries.
- Garnish with a few fennel fronds.

Nutrition Facts



PROTEIN 4.94% **FAT 58.37%** **CARBS 36.69%**

Properties

Glycemic Index:23, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:9.4817391304348%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg,

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Nutrients (% of daily need)

Calories: 166.57kcal (8.33%), Fat: 11.56g (17.79%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 12.55g (4.56%), Sugar: 11.05g (12.27%), Cholesterol: 0mg (0%), Sodium: 176.88mg (7.69%), Protein: 2.2g (4.4%), Vitamin K: 42.54µg (40.51%), Vitamin C: 29.23mg (35.43%), Manganese: 0.61mg (30.73%), Vitamin E: 2.65mg (17.66%), Fiber: 3.8g (15.22%), Potassium: 358.58mg (10.25%), Copper: 0.19mg (9.39%), Folate: 36.41µg (9.1%), Magnesium: 26.71mg (6.68%), Phosphorus: 60.13mg (6.01%), Calcium: 54.75mg (5.48%), Vitamin B1: 0.08mg (5.32%), Iron: 0.92mg (5.1%), Vitamin B6: 0.1mg (5.09%), Vitamin B3: 0.71mg (3.53%), Vitamin A: 169.83IU (3.4%), Vitamin B5: 0.32mg (3.17%), Vitamin B2: 0.05mg (2.82%), Zinc: 0.34mg (2.27%)