



Fennel and Parmesan Salad

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups bibb lettuce
- 2 fennel bulbs with stalks (2 1/2 lb.)
- 2 tablespoons juice of lemon fresh (1 large)
- 2 teaspoons lemon rind grated
- 2 tablespoons olive oil extra-virgin
- 0.8 cup freshly parmesan cheese shredded
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt

Equipment

bowl

whisk

Directions

Trim stalks from fennel, reserving feathery fronds. Quarter fennel bulbs vertically, discarding cores.

Cut each quarter into 1/8" lengthwise slices. Chop fronds to measure 1/4 cup, discarding remaining fronds.

Whisk together lemon rind and next 4 ingredients in a large bowl.

Add fennel, fennel fronds, lettuce, and cheese; toss well. Divide salad among 8 serving plates.

Serve immediately.

Nutrition Facts

 **PROTEIN 19.05%**  **FAT 57.03%**  **CARBS 23.92%**

Properties

Glycemic Index:13, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:9.724347744299%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 91.92kcal (4.6%), Fat: 6.13g (9.44%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 3.48g (1.27%), Sugar: 2.84g (3.16%), Cholesterol: 6.38mg (2.13%), Sodium: 327.98mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin K: 77.47µg (73.78%), Vitamin A: 1394.43IU (27.89%), Calcium: 154.09mg (15.41%), Vitamin C: 10.5mg (12.73%), Folate: 44.65µg (11.16%), Phosphorus: 107.15mg (10.71%), Potassium: 345.62mg (9.87%), Manganese: 0.19mg (9.48%), Fiber: 2.31g (9.22%), Vitamin E: 0.94mg (6.26%), Iron: 1mg (5.57%), Magnesium: 19.36mg (4.84%), Vitamin B2: 0.07mg (4.36%), Selenium: 2.75µg (3.94%), Vitamin B6: 0.07mg (3.48%), Zinc: 0.45mg (3.03%), Vitamin B3: 0.54mg (2.7%), Copper: 0.05mg (2.48%), Vitamin B5: 0.24mg (2.42%), Vitamin B1: 0.03mg (2.14%), Vitamin B12: 0.11µg (1.88%)