



WHATSheATE



HEALTH SCORE

71%

Fennel and Parsley Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 baby fennel trimmed thinly sliced



2 cups flat-leaf parsley leaves



1 tablespoon mustard seeded



2 tablespoons olive oil



2 fluid ounces orange juice



4 servings sea salt and cracked pepper black

Equipment



bowl

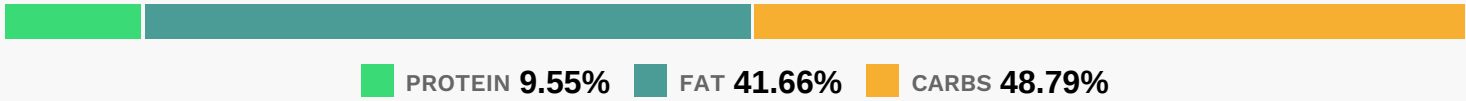
☐

whisk

Directions

- ☐ Place the fennel and parsley in a serving bowl and toss to combine.
- ☐ Place the orange juice, oil, mustard, salt, and pepper in a bowl and whisk to combine.
- ☐ Pour over the salad and serve with the simple leek and ricotta tarts.
- ☐ From Instant Entertaining by Donna Hay. Reprinted with permission by Ecco Press.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:5.51, Inflammation Score:-10, Nutrition Score:22.091739011847%

Flavonoids

Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 154.16kcal (7.71%), Fat: 7.86g (12.09%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 12.28g (4.47%), Sugar: 10.75g (11.94%), Cholesterol: 0mg (0%), Sodium: 373.81mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Vitamin K: 643.24µg (612.61%), Vitamin C: 75.39mg (91.38%), Vitamin A: 2872.99IU (57.46%), Fiber: 8.43g (33.74%), Potassium: 1170.26mg (33.44%), Folate: 113.48µg (28.37%), Manganese: 0.51mg (25.66%), Iron: 3.7mg (20.55%), Vitamin E: 2.61mg (17.39%), Calcium: 160.24mg (16.02%), Magnesium: 58.21mg (14.55%), Phosphorus: 140.96mg (14.1%), Copper: 0.21mg (10.43%), Vitamin B3: 1.97mg (9.85%), Vitamin B6: 0.15mg (7.27%), Vitamin B5: 0.7mg (7.02%), Vitamin B2: 0.11mg (6.54%), Zinc: 0.82mg (5.47%), Vitamin B1: 0.07mg (4.64%), Selenium: 2.96µg (4.23%)