

food
network



HEALTH SCORE

89%

Fennel and Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**119 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 large bulb fresh small to medium



1 juice of lemon juiced



2 tablespoons olive oil extra-virgin



1 head radicchio thinly shredded halved



4 servings salt and pepper black freshly ground



2 large bell peppers red yellow seeded very thinly sliced

Equipment



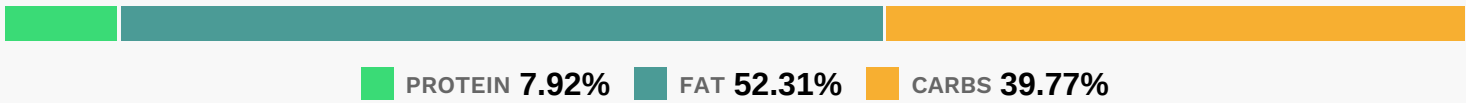
bowl

- ☐ mandoline
- ☐ cutting board

Directions

- ☐ On a cutting board, chop and reserve 1/4 cup fennel fronds. Trim the bulbs, cut them in half and very thinly slice by hand or with a mandoline.
- ☐ Transfer to a large serving bowl and add the sweet peppers, radicchio, lemon juice, a healthy douse of extra-virgin olive oil, the reserved fennel fronds, and salt and pepper, to taste. Toss and let stand for 15 minutes, then toss again and serve.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:19.297391316165%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 27.09mg, Luteolin: 27.09mg, Luteolin: 27.09mg, Luteolin: 27.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 22.41mg, Quercetin: 22.41mg, Quercetin: 22.41mg, Quercetin: 22.41mg

Nutrients (% of daily need)

Calories: 119.34kcal (5.97%), Fat: 7.56g (11.63%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 8.72g (3.17%), Sugar: 6.35g (7.06%), Cholesterol: 0mg (0%), Sodium: 49.33mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Vitamin K: 223.63µg (212.98%), Vitamin C: 120.48mg (146.04%), Vitamin A: 2665.71IU (53.31%), Vitamin E: 4.24mg (28.25%), Folate: 97.03µg (24.26%), Potassium: 635.73mg (18.16%), Fiber: 4.21g (16.85%), Manganese: 0.31mg (15.69%), Vitamin B6: 0.31mg (15.49%), Copper: 0.29mg (14.69%), Phosphorus: 79.33mg (7.93%), Magnesium: 29.51mg (7.38%), Iron: 1.23mg (6.85%), Vitamin B3: 1.36mg (6.82%), Vitamin B2: 0.11mg (6.43%), Vitamin B5: 0.6mg (5.95%), Zinc: 0.76mg (5.07%), Calcium: 48.67mg (4.87%), Vitamin B1: 0.06mg (4.22%), Selenium: 1.13µg (1.62%)