



Fennel and Red Grapefruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 oz baby arugula packed
- ☐ 1 teaspoon dijon mustard
- ☐ 3 pounds fennel bulb
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 1 clove garlic minced
- ☐ 4 large grapefruit red
- ☐ 0.3 cup olive oil
- ☐ 1 onion red halved thinly sliced

☐ 12 servings salt and pepper

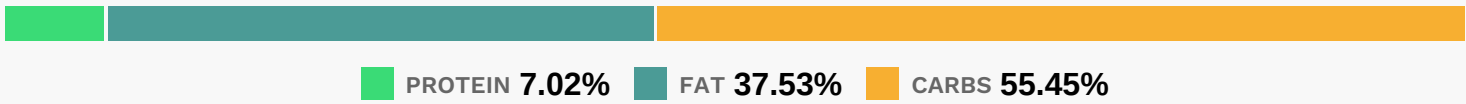
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Remove stalks from fennel. Mince 2 tsp. fronds; discard stalks.
- ☐ Cut fennel bulbs into quarters and remove core and any damaged outer leaves. Slice fennel crosswise into thin slices; transfer to a large bowl.
- ☐ Cut off tops and bottoms of grapefruits. Slice off peel and white pith. Working over a bowl, cut between membranes to remove segments, dropping them into bowl. Squeeze membranes over bowl to extract juice. Using a slotted spoon, put segments in bowl with fennel, reserving juice; add onion.
- ☐ Whisk 6 Tbsp. of reserved juice with garlic, mustard, tarragon and reserved 2 tsp. minced fennel fronds. Slowly whisk in olive oil and season with salt and pepper.
- ☐ Toss arugula with 3 Tbsp. of dressing. Line a platter with arugula. Toss fennel mixture with remaining dressing and arrange on top of arugula.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:5, Inflammation Score:-9, Nutrition Score:14.632173895836%

Flavonoids

Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 36.12mg, Naringenin: 36.12mg, Naringenin: 36.12mg, Naringenin: 36.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.43mg, Quercetin:

3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 142.41kcal (7.12%), Fat: 6.5g (9.99%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 15.93g (5.79%), Sugar: 12.72g (14.13%), Cholesterol: 0mg (0%), Sodium: 261.16mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin K: 87.75µg (83.57%), Vitamin C: 50.75mg (61.51%), Vitamin A: 1712.43IU (34.25%), Fiber: 5.67g (22.67%), Potassium: 682.6mg (19.5%), Manganese: 0.31mg (15.52%), Folate: 58.7µg (14.67%), Vitamin E: 1.72mg (11.47%), Calcium: 103.71mg (10.37%), Magnesium: 36.55mg (9.14%), Phosphorus: 86.77mg (8.68%), Vitamin B6: 0.14mg (6.95%), Iron: 1.21mg (6.71%), Copper: 0.13mg (6.26%), Vitamin B5: 0.62mg (6.19%), Vitamin B3: 1.02mg (5.09%), Vitamin B2: 0.09mg (5.06%), Vitamin B1: 0.07mg (4.67%), Zinc: 0.39mg (2.59%), Selenium: 1.17µg (1.67%)