



Fennel and Red-Onion Salad with Parmesan



Gluten Free



READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 pounds fennel bulbs cored shaved thin 2 large
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 6 tablespoons olive oil
- ☐ 1.5 tablespoons orange juice fresh
- ☐ 0.8 teaspoon orange zest grated
- ☐ 0.5 cup a of parmesan grated chunk for making curls
- ☐ 1 small onion red chopped fine

☐ 0.8 teaspoon salt

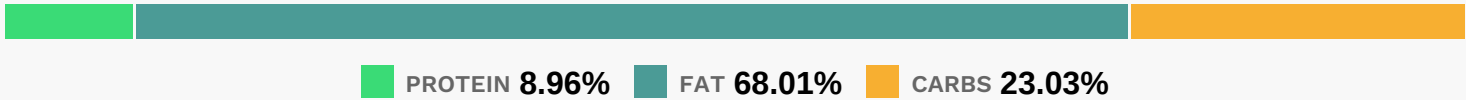
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ peeler

Directions

- ☐ In a large glass or stainless-steel bowl, whisk together the lemon juice, orange zest, orange juice, salt, and 1/8 teaspoon of the pepper.
- ☐ Add the oil slowly, whisking.
- ☐ Add the fennel and onion and toss.
- ☐ Let stand at least 5 minutes but no more than 1 hour.
- ☐ To serve, top the salad with the grated Parmesan, or with a few curls of Parmesan shaved from the chunk of cheese using a vegetable peeler.
- ☐ Sprinkle with the remaining 1/8 teaspoon pepper.
- ☐ Variation: In addition to the orange zest and juice, add the segments from one orange to the salad. Using a stainless-steel knife, peel the orange down to the flesh, removing all of the white pith.
- ☐ Cut the sections away from the membranes. Squeeze the juice from the membranes to use in the dressing.
- ☐ Slicing Fennel by Hand: If you are slicing fennel by hand, the easiest way is to cut off the stalks, cut the bulb in half from the top through the root end, lay each half flat-side down, and slice crosswise.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:4.78, Inflammation Score:-6, Nutrition Score:16.637391490781%

Flavonoids

Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 312.35kcal (15.62%), Fat: 24.69g (37.98%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 12.09g (4.39%), Sugar: 9.79g (10.88%), Cholesterol: 8.5mg (2.83%), Sodium: 741.16mg (32.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Vitamin K: 137.8µg (131.24%), Vitamin C: 32.45mg (39.33%), Vitamin E: 4.22mg (28.16%), Fiber: 6.73g (26.9%), Potassium: 896.45mg (25.61%), Calcium: 254.35mg (25.44%), Manganese: 0.44mg (21.79%), Phosphorus: 195.91mg (19.59%), Folate: 63.23µg (15.81%), Magnesium: 43.44mg (10.86%), Iron: 1.76mg (9.8%), Copper: 0.15mg (7.6%), Vitamin A: 379.55IU (7.59%), Vitamin B6: 0.14mg (7.23%), Vitamin B3: 1.37mg (6.86%), Vitamin B2: 0.12mg (6.83%), Selenium: 4.36µg (6.23%), Vitamin B5: 0.58mg (5.76%), Zinc: 0.8mg (5.32%), Vitamin B1: 0.05mg (3.03%), Vitamin B12: 0.15µg (2.5%)