



Fennel and Turnip Crudites with Fennel Salt



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 teaspoons sea salt



2 small fennel bulb fresh with core intact, small fronds reserved for garnish trimmed thinly sliced lengthwise



3 tablespoons fennel seeds



2 small turnip peeled cut into 1/2-inch-thick wedges

Equipment

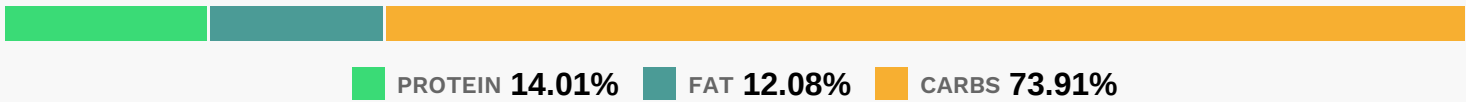


frying pan

Directions

- ☐ Stir fennel seeds in small dry skillet over medium heat until very fragrant and slightly darker in color, about 3 minutes.
- ☐ Add coarse salt; stir to blend.
- ☐ Remove from heat; cool.
- ☐ Transfer fennel seed mixture to spice mill; grind until fennel seeds are just coarsely chopped (do not grind to powder). DO AHEAD: Can be made 2 days ahead. Store airtight at room temperature.
- ☐ Arrange fennel slices and turnip wedges on platter; garnish with fennel fronds.
- ☐ Serve vegetables with fennel salt.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:7.4360868671666%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 40.22kcal (2.01%), Fat: 0.62g (0.96%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 4.59g (1.67%), Sugar: 3.84g (4.26%), Cholesterol: 0mg (0%), Sodium: 831.98mg (36.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Vitamin K: 49µg (46.67%), Manganese: 0.37mg (18.71%), Vitamin C: 14.26mg (17.28%), Fiber: 3.98g (15.91%), Potassium: 412.74mg (11.79%), Calcium: 80.68mg (8.07%), Magnesium: 27.07mg (6.77%), Iron: 1.19mg (6.63%), Folate: 24.11µg (6.03%), Phosphorus: 59.1mg (5.91%), Copper: 0.1mg (5.07%), Vitamin B3: 0.76mg (3.81%), Vitamin B6: 0.07mg (3.45%), Vitamin E: 0.46mg (3.06%), Vitamin B2: 0.04mg (2.45%), Vitamin B5: 0.22mg (2.22%), Vitamin A: 108.57IU (2.17%), Zinc: 0.32mg (2.16%), Vitamin B1: 0.03mg (1.88%)