



Fennel-Apple Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 rib celery stalks thinly sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 lb fennel bulb trimmed
- ☐ 1 large apples i use 2 granny smith apples cored thinly sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup olive oil
- ☐ 1 cup parmesan loosely packed shaved

- ☐ 0.3 cabbage red thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup vegetable oil

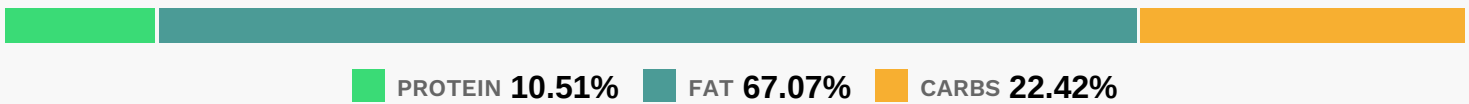
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk mustard, 1/4 tsp. salt, a pinch of pepper and 2 Tbsp. lemon juice until salt dissolves. Slowly add oils, whisking until blended and thickened. Season with additional salt and pepper if desired. Stir in lemon zest.
- ☐ Peel off tough outer layers of fennel bulb and cut in half.
- ☐ Remove tough core and thinly slice each half. (You should have about 6 cups, loosely packed.)
- ☐ Add to bowl with dressing.
- ☐ Toss apple slices with remaining 1 Tbsp. lemon juice.
- ☐ Add to bowl along with cabbage and celery. Toss salad to coat all ingredients with dressing. Top with Parmesan shavings and serve.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:4.24, Inflammation Score:-7, Nutrition Score:15.495652315409%

Flavonoids

Cyanidin: 73.94mg, Cyanidin: 73.94mg, Cyanidin: 73.94mg, Cyanidin: 73.94mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg

Eriodictyol: 1.59mg 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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 292.85kcal (14.64%), Fat: 22.78g (35.05%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 11.9g (4.33%), Sugar: 10.01g (11.12%), Cholesterol: 11.33mg (3.78%), Sodium: 539.14mg (23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Vitamin K: 107.85µg (102.72%), Vitamin C: 38.58mg (46.77%), Calcium: 272.56mg (27.26%), Fiber: 5.24g (20.95%), Vitamin E: 2.85mg (19.03%), Phosphorus: 188.52mg (18.85%), Potassium: 619.59mg (17.7%), Manganese: 0.32mg (16.15%), Vitamin A: 694.28IU (13.89%), Folate: 40.85µg (10.21%), Magnesium: 34.99mg (8.75%), Vitamin B6: 0.16mg (8.07%), Iron: 1.36mg (7.58%), Vitamin B2: 0.13mg (7.5%), Selenium: 5.05µg (7.21%), Zinc: 0.79mg (5.25%), Copper: 0.1mg (4.92%), Vitamin B3: 0.96mg (4.82%), Vitamin B5: 0.43mg (4.26%), Vitamin B1: 0.05mg (3.34%), Vitamin B12: 0.2µg (3.33%)