



Fennel-Apple Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

Ingredients

- 2.5 cups belgian endive cored halved lengthwise very thinly sliced
- 0.3 teaspoon pepper black freshly ground
- 3 cups fennel bulb cored halved lengthwise very thinly sliced
- 2.5 cups fuji apple cored halved lengthwise very thinly sliced
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil
- 2 tablespoons shallots minced
- 1 tablespoon citrus champagne vinegar

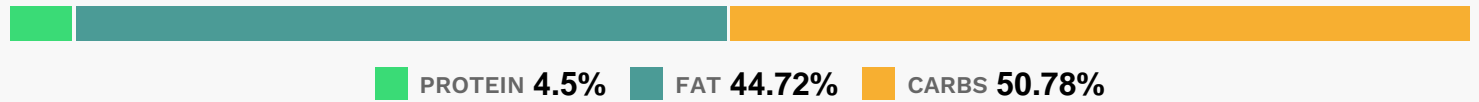
Equipment

- bowl
- whisk

Directions

- Whisk together shallot, vinegar, salt, and pepper in a large, nonreactive bowl. While constantly whisking, add oil by pouring in a thin stream down the side of the bowl.
- Whisk until all the oil is incorporated. Taste and adjust the seasoning as desired.
- Add endive, fennel, and apple slices to the vinaigrette and toss to coat. Taste again and adjust the seasoning as desired.
- Serve.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:2.87, Inflammation Score:-3, Nutrition Score:5.2682609195295%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 91.28kcal (4.56%), Fat: 4.89g (7.52%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 8.59g (3.13%), Sugar: 7.39g (8.21%), Cholesterol: 0mg (0%), Sodium: 605.97mg (26.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin K: 31.44µg (29.94%), Fiber: 3.89g (15.55%), Vitamin

C: 8.94mg (10.84%), Potassium: 328.33mg (9.38%), Manganese: 0.16mg (8.09%), Folate: 28.33µg (7.08%), Vitamin E: 1.02mg (6.8%), Phosphorus: 39.56mg (3.96%), Magnesium: 14.71mg (3.68%), Vitamin B6: 0.07mg (3.46%), Calcium: 33.72mg (3.37%), Copper: 0.07mg (3.33%), Iron: 0.56mg (3.11%), Vitamin B1: 0.04mg (2.57%), Vitamin B2: 0.04mg (2.26%), Vitamin B5: 0.2mg (1.98%), Vitamin B3: 0.39mg (1.97%), Vitamin A: 97.88IU (1.96%), Zinc: 0.18mg (1.23%)